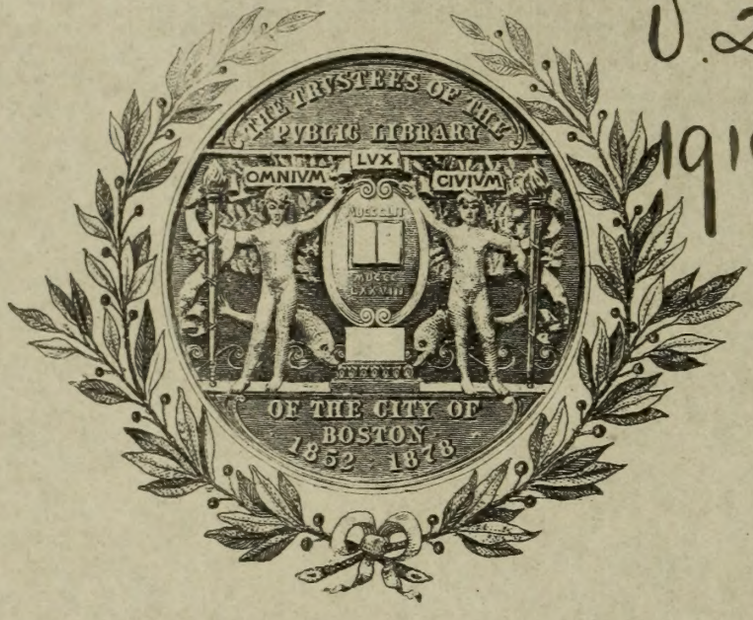
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CROWN OF RICE WITH CREAMED CHICKEN

66

# AMERICAN COOKERY

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FORMERLY

# THE BOSTON COOKING-SCHOOL MAGAZINE

OF CULINARY SCIENCE AND DOMESTIC ECONOMICS

JUNE—JULY, 1919
VOL. XXIV No. 1






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The Boston Cooking-School Magazine

OF

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VOLUME XXIV

JUNE - JULY, 1919—MAY, 1920

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# AMERICAN COOKERY

Vol. XXIV JUNE—JULY, 1919 No. 1

## CONTENTS FOR JUNE—JULY

PAGE

BERRYING. Ill. . . . . Beulah Rector 11

THE MAYOR OF NANCY AND HOW HE FED HIS CITY. Ill. Blanche McManus 17

THE LILIES OF THE HOLY LAND . . . . . Edgyth Babbitt 21

THE COMMUNITY KITCHEN—Promise or Menace Percival B. Walmsley 22

ADAPTING THE DIET TO THE TIMES . . . . Kurt Heppe 23

LESSONS IN FOODS AND COOKERY, WITH SIMPLE APPLIANCES. FOODS READY WITHOUT COOKING Anna Barrows 26

EDITORIALS . . . . . 30

SEASONABLE-AND-TESTED RECIPES. (Illustrated with half-tone engravings of prepared dishes) . . . . . Janet M. Hill 33

MENUS FOR WEEK IN JUNE . . . . . " " " 41

MENUS, SIMPLE, WELL-BALANCED, FOR WEEK IN JULY Janet M. Hill 42

MENUS FOR LODGES AND BOARDS OF TRADE . " " " 43

FOOD HINTS FOR JUNE-JULY . . . . . " " " 44

KATHERINE HELPS HER AUNT ELLEN Louise Bennett Weaver 46

HOME IDEAS AND ECONOMIES:—Warm Weather Hints—A Dutch Treat Outing—The Ship that Comes in—Dandelion Wine—To Preserve the Heart of Watermelon—The Best Utility . . . 48

QUERIES AND ANSWERS . . . . . 52

THE SILVER LINING . . . . . 62



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# INDEX FOR JUNE—JULY


| | PAGE |
|---|---|
| Adapting the Diet to the Times | 23 |
| Berrying | 11 |
| Community Kitchen, The — Promise or Menace | 22 |
| Editorials | 30 |
| Food Hints for June-July | 43 |
| Home Ideas and Economies | 48 |
| Katherine Helps her Aunt Ellen | 46 |
| Lessons in Foods and Cookery, with Simple Appliances — Foods Ready without Cooking | 26 |
| Lilies of the Holy Land, The | 21 |
| Mayor of Nancy and How He Fed His City, The | 17 |
| Menus | 41, 42, 43 |


## SEASONABLE-AND-TESTED RECIPES


| | | | |
|---|---|---|---|
| Biscuit, Baking Powder | 36 | Peas Cooked in a Jar | 37 |
| Biscuit, Oatmeal | 36 | Pie, A Fluffy Lemon | 38 |
| Bread, Boston Brown | 36 | Potato Border with Vegetables and Broiled Beef. Ill. | 35 |
| Cake, Igleheart's Lemon Queen. Ill. | 40 | Potato Purée | 37 |
| Cake, Ribbon | 40 | Rice, Crown of, with Creamed Chicken. Ill. | 35 |
| Cakes, Cocoanut. Ill. | 39 | Salad, Pekin | 38 |
| Chocolate, Malted Milk | 40 | Sardines as a Hors D'Oeuvre | 33 |
| Custard Renversée, Caramel | 39 | Sauce, Brown | 35 |
| Dressing, Russian | 38 | Spinach or Chard with Broiled Lamb Chops. Ill. | 34 |
| Ducks, Bombay, Fricassée or Curry of | 34 | Sponge, Apricot | 40 |
| Forcemeat, Calf's Liver | 33 | Terrapin, Mock | 35 |
| Frosting for Igleheart's Lemon Queen Cake | 40 | Timbale, Rice with Strawberries | 37 |
| Hors D'Oeuvres, Italian Style | 33 | Trifle, Coffee and Tapioca | 38 |
| Lamb, Shoulder of, Sauté | 34 | | |
| Lettuce, Chinese, Russian Dressing | 38 | | |
| Meringues, Cocoanut. Ill. | 39 | | |


## QUERIES AND ANSWERS


| | | | |
|---|---|---|---|
| Bread, Baking Powder and Yeast Compared | 54 | Duck, Bombay | 54 |
| Cake, Cocoanut | 56 | Exhibition, A Food Saving | 52 |
| Cockroaches, Exterminating | 54 | Fat, Test for Frying | 52 |
| Coffee, Service of | 56 | Plates, Use of Bread and Butter | 56 |
| Creamed Dishes, Rice Border for | 54 | Salad, Service of | 56 |
| Dressing, Thousand Island Salad | 54 | Soup at Formal Luncheon | 56 |



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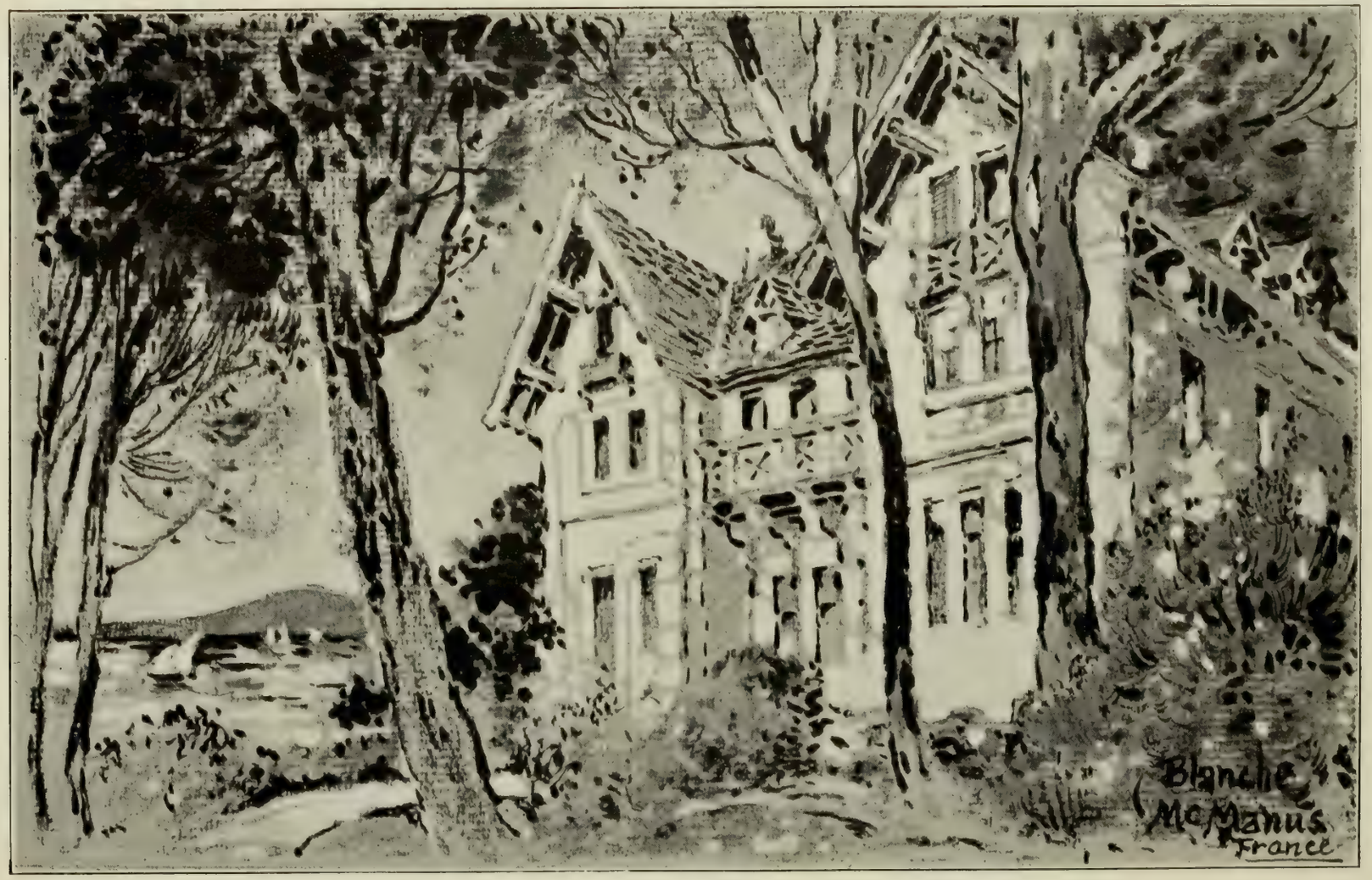
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Vanilla Ice Cream, Strawberry Sauce
Fruit Punch




THE RIVIERA VILLA OF MONSIEUR MAIRE OF NANCY (See Pages 17-21)

# American Cookery

VOL. XXIV JUNE—JULY No. 1

## Berrying

By Beulah Rector

Photographs by Mr. C. E. Paine

FROM the twigs we had broken in the pasture Joe stripped the remaining shiny huckleberries. He crunched the last seed and tossed the sprig aside. "Whenever I taste a huckleberry I see the Matunuck hills, a ten-quart pail to fill, two or three berries on a bush here, two or three more there, the trek down the hot Drift Road, talking of the swim we'd have when we got home, vowing we'd never go berrying again — and then getting back there the next morning."

Oh, yes, the Matunuck huckleberry hills. Joe is not the only one who holds them in remembrance. For their fruits I became an early riser, and tried to fill with the same zeal my two best friends. Heavy task! The argument was clear enough to me. If you went berrying before breakfast, it made the day very much longer. Then you returned for eleven o'clock bathing, caught the little brothers before they could leave for the beach, prevailed upon them to give up their sail-boat making on the cottage porch and stagger out with your heavy pails, on a canvass of the housekeepers in the small seashore community. For these services they would be allowed the handsome commission of one cent a quart. To be sure, having thus engaged in trade, you forfeited all chances of being presented at the Court of St. James, but then you had this berry money to spend at Christmas, and was not the lordly sum of four and five dollars worth some sacrifice?

In retrospect, I can feel now the sogginess of the clothes as I dressed in that pale chilly morning. I can see the breath of fog on the mirror of the pine dresser, and the drops of moisture held in every mesh of the window screen, while from the beach comes again the muffled rumble of breakers. Once more I tiptoe down the narrow stairs, shoes in hand; for these expeditions might be done away with, should the family consider their sleep interrupted by this member who felt the fiscal necessity of going for huckleberries before daylight. With rare caution I make the descent, search the cupboards and the ice box for a hasty breakfast, and then steal forth to pull the string on my best friend's toe. Together we call at the back door of the Murray Hotel, where the buxom hotel keeper's wife hands Betty a pail holding her morning meal. Together we explore beneath the red-fringed napkin, and start off up the road, munching the corned-beef sandwiches and the doughnuts, our gustatory joy full. This pail, with its contents yet to be discovered, is to Betty one of the few charms of that morning enterprise.

At this hour of day the Drift Road was quiet. Perhaps a slow-moving cart crept past loaded with seaweed for fertilizing the fields. Behind it trailed lengths of shiny brown kelp. The gypsies in the school yard are not yet awake. You quicken with gratitude to see the huge dog under the red wagon, his nose between his forepaws.

Just beyond the turn of the straight Drift Road lie the huckleberry hills. I repeat it — lie the huckleberry hills.

Sweet fern, lichened rocks, feathery grasses, holding copious drenchings, and the high outlook away to the ocean — when the fog rises. Your shoes slosh at every step. When you straighten up, your back aches. You wipe your hot face and turn it to the breeze that is coming from the sea. Now you catch the white of the Point Judith light, and the weary voice of the fog horn. Later, comes the roll of wagon wheels, and the beat of horses' feet on the road below. It must be all of ten o'clock. The buckboards are going to the village after hotel guests. We have just an hour, then, in which to reach home and get to the beach with the others. Welcome signal buckboard wheels!

The white Drift Road dust settles on your wet shoes. Pails drag at muscle-strained arms. Lips and teeth bear evidence of your employment. Faces are perspiring. Most likely you will meet friends comfortably and cleanly riding out for the day. It would not require Tony Weller to set forth the beauty of an alibi.



DO YOU KNOW THE WAY?

Eight summers the Matunuck hills made themselves known to us by their fruits. And the berries subtracted from their bushes added to our Christmas pocket money.

But red buds show on the maples. New voices are twittering in the bushes. Central Park has turned green. The walks are full of baby wagons and the benches full of nurses. You must watch sharp or a kiddy-car will run you down. Evidently the private schools have all disbanded these spring afternoons and the pupils are taking outdoor exercises.

Days grow warmer and lighter. Comes the middle of June. The high buildings and the soft concrete walks hold in an extraordinary amount of heat. Oh, to exchange these closely-built miles, barren of trees and grass, for houseless rolling hills, wooded and green. About this time a friend in the Berkshires writes she has been wild strawberrying. Some one else wild strawberrying while you pace this artificiality? This is the thought that finally drives you out of it. On your train journey into the hill country you see children stooping over in the fields. No one needs tell you what they are doing out there with their shiny pails. You nudge the schoolboy who sits beside you, bound for his grandmother's Vermont farm. "To-morrow I'll be out after wild strawberries, myself," you confide in his ear.

One might manage April and May, or even July, in the brain of the city, but a wild strawberry June belongs only to the heart of the country!

Do you know where these, the sweetest of wild berries, thrive? Up a hill road strewn with leaves, where oven bird calls and red squirrel scolds, over a wall in a mowing, shut away from the rest of the world by pines and birches. A towhee hops on a crumbled stone fence. From remote woods is the trill of a thrush. A squirrel speaks out of the abundance of

his irascible nature. The trees sway, the clouds trail their shadows across the slopes of the mountain.

Gathering wild strawberries is exceeding intimate work. Here they grow in a wide patch, to the exclusion of other plants, so thick that when you lean close to them and peek under the leaves you see a red-spotted carpet. Continued bending is painful. Continued squatting is impossible. You select a less fruited section and kneel. Then, preferring stains to stiff joints, you sit. Basket full, you cover the delicious sweetness with ferns and, then, there at the foot of the hill is the brook in which to dip your arms to the elbow and lave your hot face.

Berries are as individual as people in their dwelling places. How the raspberry delights in the society of ferns and warm stone walls, and how like ancient memories they cling about old houses, or even draw nourishment and flavor delectable from cellar holes, the companions of mulleins and young birches and softening hand-carved beams!

But if you wish raspberries in large quantities, there is an isolated hill to which I must refer you, — provided you can endure the trip to the top through scratchiest, untrimmed black birches, which fly back and hit you in the eyes.

Then you strike the cleared crown of the hill. "Worth coming just for the view," exclaims the person of whose pleasure at the beginning of the climb you felt most uneasy. You expand. Here the spirit can soar. The country spreads away on every side: peaks of the White and the Green Mountains, tidy mowings, a lake or two, forests, tiny farms, up and down, down and up, but all a wealth of greenness and loveliness. And when satisfied with the distant vision, you utter a cry at the countless red raspberries waiting, like opportunity, right where you stand.

Across the hill top voices call. Virginia toddles over in pink rompers. She holds out her half-pint cup. "See,"



THERE IS THE BROOK

sings the flute-like voice, "I've filled it two times already."

"Good for you, Pink Rompers," you call back. "You've picked a whole pint in three hours."

"Which had you rather do?" inquires another little voice "Hunt birds' nests or go swimming, or pick raspberries in the hot sun?"

"Oh, Boy! What a hard question?" You adroitly turn the subject. "Say, won't we have piles of jam to eat next winter. When you eat it, you can think of the hill near, the sunshine and sky where we picked the berries."

"No," Pink Rompers shakes her head and pronounces in matter-of-fact tone, "I shall think how we picked them in Roxbury."

"What time do you think it is?" Boy asks again.

"By the sun I should judge it must be 12.30."

Boy considers that a while. "I can tell the time by the wind," he muses.

But that is not necessary. Just then a hearty voice summons all the berry pickers to the top of the hill. Boy immediately forgets the birds'-nest hunting; regardless of briers, his brown legs race through the bushes. We make toward the young chokecherry shrubs, where we have hid the lunch baskets and the boxes. We are on the top of the world. In all the miles spread before us there is no sight of any other human being.

"If we couldn't find the way down the hill," says Boy, "I s'pose we'd have to stay here all night."

"But we couldn't stay here all night," cries Pink Rompers, aghast, "we haven't any brush teeth."

If you watch where the woods are cut off, after a few seasons have passed, you are almost sure to find wild raspberries. The cutters leave piles of brush which the vines delight to climb, — and you after them. Before your eyes a branch fairly drips with perfect red berries!

You step on the pile and sink immediately to your knees. With great difficulty and a lacerated stocking you lift yourself out, seize a slender sapling for support and plunge the other foot into a hornet's nest. The big St. Bernard, worn out after barking at a rabbit in one of these same piles, is now cooling off under a shady bush, panting vigorously, his tongue rippling over white teeth. He regards your wild and seemingly unnecessary manoeuvres patiently, as much as to say, "Oh, well, she'll have



LIKE OLD MEMORIES THE RASPBERRY CLINGS ABOUT OLD HOUSES

enough of it in a little more and be ready to go home. Poor hunting here." He remembers his own failure with the rabbit.

The thicket is no place for contemplation. Here life is a struggle. Vines and tenacious briers stand as high as your neck. Wild clematis grows in profusion over dead stumps and rotting tree trunks. Wasps hover about the cloying blossoms. You are stung and would have cried out — but you recall there is only the dog to hear you — and he already looks so disgusted. You are so nervous every time a bee comes along that you can't even look one in the sting. The sun beats down. Mosquitoes make little puffs of air near your face, and before you can find a hand to smite, they have bitten you. They have a preference for the eyelids and nose. You pick in desperate haste to finish. You wonder where you are going to find enough pins to hold your clothes together, so as to make a modest return home. Nevertheless, the hollow is the place to fill your basket; to make sure of rows and rows of am afterward. A feeling of toleration for its abuses sweeps over you, when, several hours later, clean and fresh from your swim, you settle down on the porch and see the line of jars showing their rich contents.

If you count results in the number of quarts of fruit brought home, then, clearly raspberrying is not for meditation.

Commend me rather to an old pasture where the steeple bush is pink, and the rocks gray, and the pungent smell of pennyroyal teases you to find its green if you can. And let the day be very light, the sky very blue, the clouds that scud across it very white and puffy. From tussock to tussock you move about, drawing a handsome toll from every clean blueberry bush. No stooping and straining, no tearing of clothes and distorting of temper here. Under the big sugar maple the cows placidly switch their tails. There is a glint of quiet pond, deep with cloud shadows. Beyond is the mountain, steady and true. The



THE COUNTRY SPREADS AWAY ON EVERY SIDE



A GLINT OF QUIET POND, DEEP WITH CLOUD SHADOWS

Psalmist must have seen the mountain from a blueberry pasture when he wrote, "The mountain shall bring peace."

But let's not go after blueberries in huge quantities. That makes it no longer a sport, but a business. It was that which spoiled blueberrying for Cornelia. Uncle David had been invited to visit us. When he made his appearance he carried with him a crate, — thirty-two quarts. Cornelia gasped. Cornelia seized paper and pencil, and leaning hard on the table divided thirty-two by three. Then she regarded me fiercely. "What, do I have to pick ten quarts of blueberries?"

"Oh, no, of course not," I palliated.

"You know very well I hate to pick over three."

"Yes, I know."

"But we can't let Uncle David go off there alone. He's our company."

And Cornelia would not stay back that morning we started off to Derby Hill. Purposely, I kept away from Cornelia after we reached the hill top. But three hours later I stumbled upon her very hot and ruffled. She was on her eighth quart. "What are we getting out of this?" she demanded straightening her hat.

"Why, a day out-doors," I told her, "and this lovely old hill with its colt-cropped grass, and the big willows, and the porcupine straddling one spongy limb, and the balsams, and the cellar hole, with its graceful willows, and the views of the mountains —" and then I did the only thing it was safe to do—fled.

Or when the sun is low and your shadow is as was Alice's length in the court scene and you have no particular duty till the supper bell sounds, it is good to step out to the near-by pasture with your pail. In the late afternoon light, bushes, grass, trees have taken on the beauty of plush. From somewhere sounds a thrush's solo. By the road below a blue-shirted farmer drives past, his day's work done. Grandpa Franchot is letting down the bars for the cows.

Berries displayed in city markets are poor, unadvantaged relatives of these you gather yourself. They are low in the baskets, but lower yet in vitality. In

comparison, the country blueberry is clean, honest, wholesome, unpretending, enduring till you reach your journey's end; not wilted with fatigue, like the aristocratic, delicate raspberry, which cannot travel except in exclusive numbers and easy conveyances; not unnecessarily wasting its life forces like the wild strawberry; not disappointing you later with a rusty, even seedy black coat, when you believed it clothed in jet satin; lending itself to many delightful uses, — dumplings, muffins, pies, but best of all, when the jar is opened next winter, bringing back all the charm of the dear old South Pasture.

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# The Mayor of Nancy — The Old Capital of Lorraine — And How He Fed His City

By Blanche McManus

PERSONALITY and a Purpose: Here is a worthy form of reconstruction for France that is being overlooked, but which I am in favor of — the reconstructing of personalities of the war period. So vast was that event that it temporarily overwhelmed the individual. Now we may expose the single stitches in the pattern of the wonderful web of resistance that bound France solidly together before the advance of the enemy.

The mayor of Nancy, who instigated and inaugurated the first monument on French soil to mark the memory of three fallen Americans at Bethelmont, represents one of these stitches.

Monsieur Gustave Simon was mayor of the old Lorraine capital throughout the war. Lorraine is the recovered lost child of France, and the adopted child of America, since our soldiers received their baptism of fire in this old French province, that, in the space of five hundred years, gave Jeanne d'Arc and the American doughboy to the saving of France and civilization.

To have been the war-time *maire* (the title is prettier when Frenchified) of a city of a hundred and twenty thousand inhabitants, which at the time was but a dozen miles or so from the then German frontier, shelled on fifteen occasions by enemy long-range artillery, eighty odd times by aeroplane attacks, and twice by Zeppelins, carried with the honor great and unusual responsibilities.

The chief of these responsibilities was in the matter of food supply. Napoleon discovered that an army fights on its stomach. Had he been as great a cook as he was a general, he might have gone further and discovered the law that the round world turns on its stomach.

The *morale* of the Nancéens, through nearly five years of hell-fire, was remarkable, and of a high degree, even beside the stoic fortitude of neighboring war-shattered municipalities of the fighting zone. The high concert pitch of the resistance of the civil population of this old ducal city of Lorraine was undoubtedly kept thus tuned up by the intelligent and devoted efforts of its mayor, who sought to keep the food supply of the city up to the same concert pitch under abnormal conditions of transport and production.

Nancy's mayor was one of the few in France to foresee the high prices of food, and its probable scarcity, away back in the first months of the war, when actually prices were below the normal, by reason of the dislocation of consumers, when a

short war was still thought of. No provision was being made, generally, for economies, and France was still eating from the same menu as formerly. Monsieur Simon realized, however, that the human motor is in the stomach, and that soon, without care, its fuel would be wanting.

He began first to organize and intensify the production of the local food resources, drew up schedules for its conservation, and long before the idea had burst from its cocoon elsewhere.

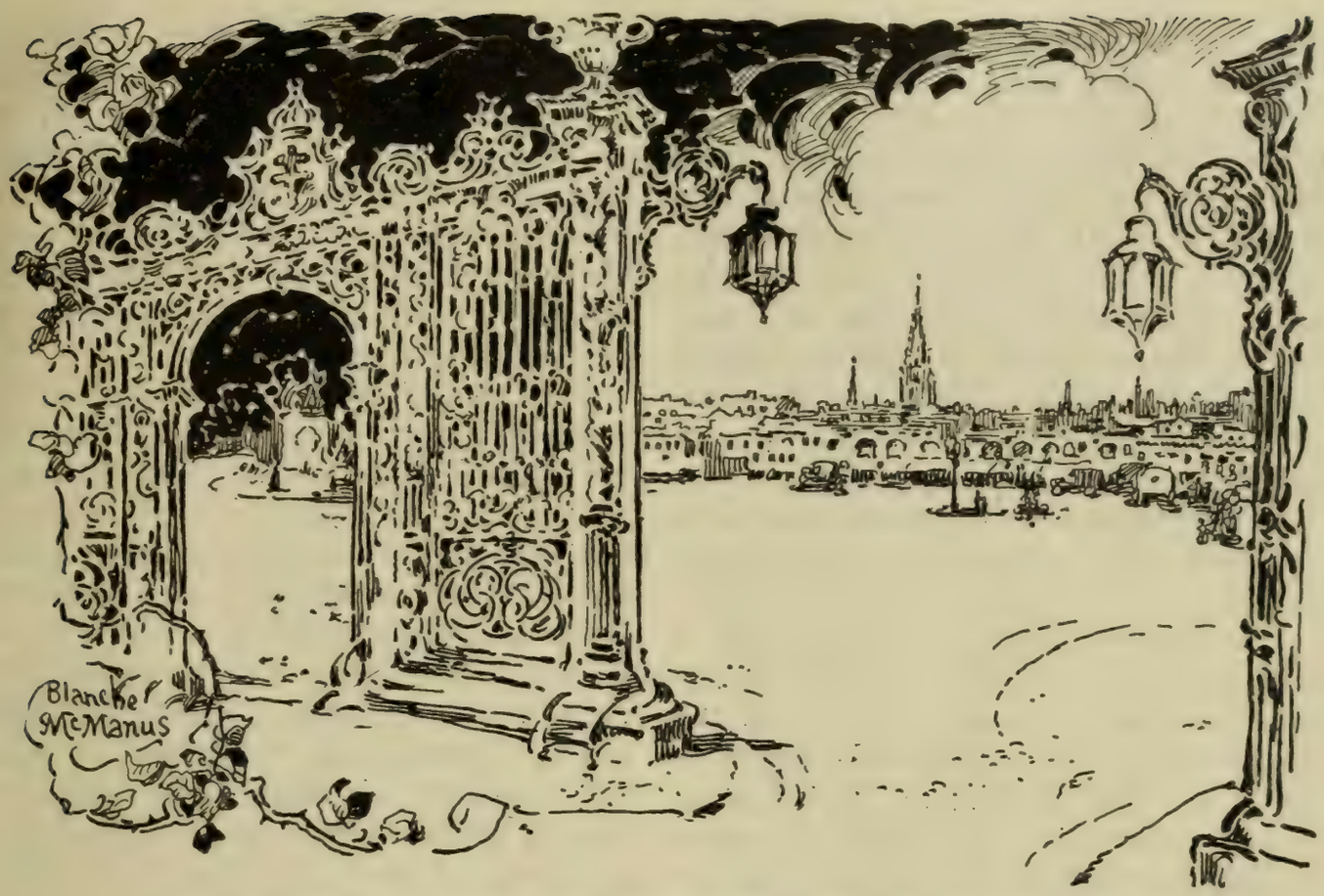
Nancy is the centre for four famous French industries *de luxe* — pastries, or *gateaux charcuterie*, or pork products; macaroons, and hand-embroideries and *lingerie*. Pork is a *de luxe* product, as the French prepare and market it, and Lorraine is the district where preserved pig appears best in its super-forms. The French eat little pork, except *jambon* in its simple dress, or with a *sauce madère*, but they adore (I use their own word) the many branches of the genealogical tree of *cochon* as they originate, and fabricate them under the generic term of *charcuterie*. So much in vogue is it that it has its own shops, apart from the beef and veal butchers and general markets, all over France.

I can list but a few of these delicacies, as found in Lorraine. There are *rillettes*, sealed up in lard in little brown pots, one of the most important; there are many noted brands of *paté de fois gras* of pig livers, done up in earthenware jars, or in glass, but never in tins, but sometimes in loaves with a crust around them where intended for immediate consumption. These rival those *patés* of the famous Strassbourg goose family of sisterly neighboring Alsace.

There are endless varieties of head cheeses, some sprinkled throughout with slices of savory black trouffles, others dotted with the bright green of the pistache nut, or again with the white kernals of blanched almonds. All are rated as the chief delicacies served among the *hors d'oeuvres* of the luncheon menu. Then there are the more serious and substantial sausages, or *saucisse*, of all styles, lengths and diameters, from one to eight inches through, and intended to be eaten, sliced, as a preliminary to a




THE DE LUXE FOOD PRODUCTS OF NANCY




ONE OF THE GATEWAYS THAT CLOSES THE PLACE STANISLAS, NANCY

repast, or as smaller linked sausages, which are to be cooked and served hot.

The macaroons of Nancy have a national fame, and are made of a sweet almond paste, well browned and crinkly. They cost, at any time, in the chic Paris restaurants, from twenty to fifty centimes apiece.

These few examples serve as a key to indicate that the Nancéens eat well, and their paternal *Maire* was determined that they should continue to do so.

With an eye to the future, after intensifying home production, he went farther afield and established, himself, preserving and canning factories in various parts of France, remote from the tentacles of war needs, selecting those regions where the raw material was most bountiful. These establishments were principally for the conserving and packing of meat products that especially appealed to the tastes of his people.

Yes, he became a war profiteer, but it must not be forgot that as every question has two sides, so has every word two meanings, a good and a bad one. In this case, the word "profiteer" carries the good meaning, for when the high prices began to rise still higher in the second year of the war, the far-sighted mayor, having thus forestalled the coming need, was, by the means he had adopted, able to furnish his home population with certain fundamentals, and at much cheaper prices than would otherwise have been possible, even had the goods otherwise been available in the desired quantities.

Then later, when the real tug of the food problem had to be grappled with, the mayor, forearmed by his just estimates of the situation, was ready with his plans all made. The war belt about the devoted city of Lorraine was drawn close; the allied armies were fighting about its gates, firmly entrenched on the historic Grande Couronne and on the banks of the Moselle.

Transportation and supplies were needed for the armies; civilians had to take second place. Local supplies were approaching exhaustion, and food must

come from outside the community, a rare thing in French domestic economy.

Nancy is well in the northeast of France, three hundred kilometres from Paris, a thousand kilometres from the nearest seaport. A cordon of steel was around it; the enemy on one side, the allied forces on the other, its only connecting link of railway held by the French for its army needs. Most of the population had decided, heroically, to stay by their city to the last, thus, proportionately, there were far more mouths to feed here than in most of the war-zone cities.

This was the last black year and a half of the war, when the bulk of the most necessary foodstuffs had to be brought from abroad, principally from America. The mayor of Nancy was, as usual, among the first of his colleagues to make use of these foreign supplies, but he supplemented them with another of his own bright ideas.

Marseilles, on the Mediterranean, was at that time coming to be one of the principal ports of entry for supplies from abroad. With each consignment, apportioned to his city, he arranged to have a responsible agent, and often went himself, personally, to conduct the food stuffs in convoy from the ships and docks, through the customs and over a thousand kilometres of changing lines of railway, from salt water to his inland capital and its warehouses, which he was at all times able to keep well stocked. This was at a time when all the road-and-rail transportation was tied up in all manner of political and military knots, and his attitude was unique in this decidedly civilian service.

The result was that there were no delays en route, no side-tracking in freight yards for weary, hungry months, as was so often the case, no salvaging along the way, as was also happening so frequently in other cases where the vital matter of food was involved.

In this way there was never any dreary waiting in food lines in the city of Nancy, not even when the Kaiser, in all his tawdry glory of ermine and gold eagles sat on his white horse, surrounded by ten thousand of his choicest Prussian Guards on the heights above the city, covetously awaiting the signal to make his triumphant entry into the Ducal capital of Lorraine. He never entered, but the food did.

The people reported to the mayor, personally, as to their needs and deficits. He visited them in their shops, warehouses and factories, bringing encouragement to workers in half-shattered factories, and to the embroideresses heroically working in dark cellars practically under continual bombardment, the school children at their lessons, masks on their heads, punctuating their *devoirs* with the sound of exploding shells. He kept ever in touch with his people in a manner peculiarly French, for the mayor of a French city is always a patriarch rather than a politician, a fact which has done much to save France during her struggle.

So Nancy's courageous mayor brought the capital of Jeanne d'Arc's country, and the "American Sector", through the war shadow with a better-fed population than any other of the cities of the front, one might almost say municipally plump and rosey, with a high *morale* and a wonderful record for endurance and fortitude, even among those cities of the war zone that were also undergoing their martyrdom for the good of the world. This was due to the foresight of its mayor, who is a good business man, but who might be described even more appropriately as a "good provider."

The capital of Lorraine of the Dukes is now as nearly in clover as any of the French cities, and its mayor is now enjoying his peace furlough and well-earned rest in his villa on the Riviera, at the small, but charming and altogether chic resort of Valescure, a suburb of Saint Raphael on the Mediterranean; a place which, if you care to know anything more about, you may by asking any of the boys of the "Yankee Division,"

especially, and hear them pass out its praises, as a result of so many having passed that way after the signing of the armistice.

It is a big, commodious house, this of the mayor of Nancy, camped on the *maquis* of the Esterel Mountains, overlooking the Mediterranean, shaded by parasol pines, with a red-tiled rooftree and a surrounding garden of palms and orange and olives, the sea glinting off in the distance like sapphires minted with turquois and sprinkled with gold dust.

All lovers of good food, and who is not, will like, I am sure, to have given them here the menu of a dinner which was recently served in this Riviera villa, which rejoices in the historic name of Sainte Baume, on the occasion which celebrated the *maire* of Nancy's return to his southern rest house on the "Coast of Blue."

MENU

*Hors d'Oeuvres:* Including naturally those delicacies of Lorraine, *patés* and *paté de fois gras*, as well as the black and green olives of the Riviera country round about.

*Fish:* — Loup, the principal fish of the Mediterranean, fully three feet in length, garnished with small red langoustes (a sort of feminized lobster) and rosy ecrivisses (which we should ticket as shrimp), posed on squares of oven-browned toast and served with a *sauce blanche* made up with tender, golden hued mussels, or *moules*.

*Entree:* — Filet de Boeuf (which can only be described as roast tenderloin, owing to the fact that the French cuts of meat are entirely different from those of our own cuisine). This garnished with various boiled vegetables, known to the French as the *dure* varieties, such as carrots, turnips, parsnips, etc., cut into small geometrical patterns and further supported by green peas of no violent hue, but *au naturel*, and potatos, nicely rounded to the size of small marbles. I always find the handling of vegetables by the French chef both interesting and amusing.

*Roast:* — Chicken, stuffed with a mince, a fine ham and bread stuffing, highly seasoned and accompanied by an escarol salad, with the usual native French dressing, which is never anything but the virgin oil of Provence, wine vinegar, a dash of garlic and pepper and salt, the whole, particularly the heart of the young garlic, giving the gout so beloved by all gourmets.

*Dessert:* — Here was the *piece de resistance*, a *gateau* made from an ancient receipt of Lorraine. It might be styled a pudding, or yet again even a cake, or even a pie would not be inappropriate. Composed of thin leaves of pastry, called in France a "thousand leaves," stacked up in flaky sequence with interlinings of sweet fillings, reminiscent of a cheese cake. Over the whole was poured thick whipped cream. Cream of itself is a great delicacy in the French cuisine. There were also the famous macaroons of Nancy, in all their toothsomeness, to show that they, too, had survived the rigors of war in triumph, thanks to Monsieur le Maire.

As an accompaniment there were, of course, the famous wines of France, beginning with the *vin gris* of Lorraine, through solid Burgundy to a bottle of the gold-capped famous vintage of Champagne. This last, in which to drink the Mayor's health.

We must admit that the evidence all goes to prove that the mayor of Nancy was a good provider.

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# The Lilies of the Holy Land

Sturdy and straight in rank,
  Stood the full-eared corn;
The Master passed that way,
  Faint with hunger, and worn.
While His weary friends sought shade
  From the noon-tide's sultry heat,
He took of the ripened grain;
  Blessing it, bade them eat.

In the untilled meadow near,
  The gentle lilies grew;
Tauntingly asked the corn:
  "What use to Him are you?"
It was a cruel thrust;
  Each lily, flushing red,
Swaying upon her stalk,
  Hung low her grieving head.

The Poet Christ arose,
  And suddenly espied
The trembling scarlet cloud.
  "Behold! Behold!" He cried.
"Our mightiest, richest Prince
  Could not such glory win
As clothes these wayside flowers,
  Which toil not, neither spin!"

His fingers, light, caressed
  The drooping clusters there.
"Lift up, lift up your heads,
  Ye lilies, blooming fair!
Each, in his separate field,
  Honors the Master best.
The corn has given Me strength;
  Your beauty gives Me rest."

— *Edgyth Babbitt.*

# The Community Kitchen—Promise or Menace?

By Percival B. Walmsley

COMMUNITY kitchens have been discussed lately in Canada, and the Canadian Women's Business Club of Toronto brought up the subject, definitely, in a debate on the question, whether these new arrangements would be beneficial to Toronto.

It is interesting to notice the arguments, as set forth in a report of the debate. One lady, who spoke in support, explained that the community kitchen would not be a restaurant nor a delicatessen store. It would be a scientific institution that would bring to the poor man the expert dietitian, such as the rich man could afford. It was claimed that the scheme would save two-thirds of the kitchen labor in the home, and a sharp contrast was drawn between the old regime, where the tired husband came home to the tired wife and an overpowering smell of boiled cabbage, and the new way, by which every member of the family could enjoy the dinner from the community kitchen all ready to serve.

Another speaker, on the same side, estimated six hours as the time taken up each day in preparing and clearing away the three meals, and pointed out that such a waste of time was not in a line with the policy of conservation and efficiency. This orator argued that the idea that a mother and a cook were synonymous terms was a relic of barbarism. The mother is infinitely greater than the cook, and she can be an infinitely better mother, if she is not a cook. Furthermore, there would probably be more marriages, if there were community kitchens.

The advocates of the community kitchens, however, did not have it all their own way, though some peculiar arguments were advanced against the scheme. The idea seemed to be that the preparation of the meals was a sort of home industry, which ought not to be taken away from women. If one might say it without irreverence, they seemed to reverse the lesson of Martha and Mary. They would keep Martha cumbered about with much serving, and maintain that she and not Mary had chosen the better part. But, of course, the debating ladies did not put it so crudely. Instead emphasis was laid on the satisfaction every woman should feel who takes a lively interest in her own housework, including the preparation of the meals. If this interest were taken away, most women would become "drones." A curious argument, but one that paid a great compliment to mere man's culinary powers, was that as nearly all the good cooks have been men, — and this would probably be the case, if the community kitchens were established, — the result would be that the men who are at present responsible for the high cost of food-stuffs, would have the whole situation in their hands, from start to finish — a sort of man-monopoly. The same speaker tried to scare the audience by suggesting the danger of the dishes and containers carrying germs, though whether this would arise from the carelessness of the clever men-cooks, or whether they were to be introduced between the community kitchen and the home, was not stated. As a clincher, it was declared that it was "Prussian" to want to commercialize the kitchens, and that, if this were done, all the "poetry" would be taken out of that phase of housework.

The concluding speaker on the negative side took a high line. She dwelt on the value of home life, and its effect upon national life, asserting that the home was what gave stability to the nation, and that it was the husband and wife, working side by side, that gave stability to the

home. It was a sort of extension of the phrase "where wealth accumulates and men decay," to "where ease accumulates and women decay;" and, of course, the same evil consequences were to be looked for. In fact, though it seems a terrible thing to have to relate, this speaker pointed to the United States as a "horrible example" of the deterioration of the home life, due to women not doing their part in the home, and demanding too much freedom.

The lady judges of the debate, notwithstanding all these appeals to the emotions, decided in favor of the affirmative, that community kitchens would be beneficial to Toronto, which naturally implies they would be useful in other cities. Unfortunately there is no reference to any summing-up of the arguments, and, perhaps, they did not give out any particular reasons.

It may not, therefore, be out of place, if I set forth my own ideas. Because a good thing may be abused by the few is not a sufficient reason for withholding it from the many. Jeremy Bentham's maxim, the greatest good for the greatest number, should hold good here. Furthermore, it is not compulsory. The wife who delights in cookery in her own home will not be ousted from her place by the cooking range. Again, it does not take the wife or family out of the home. It may rather tend to keep those there who might otherwise give up the home for hotel or boarding-house life, through inability to cope with the increasing difficulties of housekeeping. Let the woman with no children, or few children, go on as before, if she desires, but let her not stand in the way of relief to her over-burdened sister.

The community kitchen would be a great boon to the wife who is not strong, or in cases of illness in the family, especially when it is the mother who is ill, and in the period of maternity, when the mother may be away from the home.

Again, it would be a great convenience, if friends came to stay for a while. Extra cooking for guests is the barrier to many pleasant interchanges of visits. But, above all, it would be an immense relief to the mother with several children. She would be better able to care for the house, the children and her husband, with this load taken off her shoulders. She could tackle the pile of stockings in daylight instead of taking them up wearily at the end of a hard day. Other mending of clothes would also be done, and sometimes the making of garments for the children. The woman who was clever with needle and sewing machine would soon make very profitable use of the time and energy saved from cooking. Another very important consideration is the cost of fuel for cooking. The individual stove must use up more fuel per pound of food cooked than when the cooking is conducted on a large scale. With the present shortage and high wages of domestic help, most women are agreed that some very radical change is necessary to cope with the situation, and, in this extremity, the deus ex machina may be the community kitchen.

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# Adapting the Diet to the Times

## By Kurt Heppe

WITH the increasing scarcity of domestic labor, the question of drudgery in the household is becoming acute.

No woman of refinement cares to pass the best part of her time bending over the cook stove, and yet, this is the very condition we appear to be approaching.

How to keep the house attractive, the table supplied with appetizing viands, and

the members of the household in perfect health, has been a problem since Adam; and yet in summer the consummation of this task is not impossible.

In order to achieve the desired result, the family must be gradually (very gradually) weaned from some of the hot dishes, and these should be replaced, as the summer advances, by unfired food.

This procedure is not only in conformity with the laws of hygiene and dietetics, but the results will be found to be manifold and surprising.

It has long been the aim of eminent practicing dietitians to induce housewifes to compose their menus in such a way that vegetables, fruits and cereals preponderate over meat rations.

And reference to these aims has never been as timely as just now.

In order to arrive at the desired results, we should take nature for our guide, and use, in our summer dishes, the various products that nature supplies us with; and we should prepare these products in as natural a manner as possible.

In the process of cooking a great many of the mineral salts and vitamines are lost, particularly if the cooking be done according to the precepts of the conventional French kitchen; this accepted standard, also, has the disadvantage of removing from our food those elements that provide a healthful peristalsis and furnish matter for our teeth to exercise upon.

If we once admit these defects, then we must arrive at the conclusion that natural foods, in their natural state, or in as near a natural state as possible, must be most wholesome.

Opposed to this conclusion, on the other hand, are the findings of many doctors, that delicate persons can not stand the violent action of some foods in their natural state.

This admission, however, is simply an indication that we have drifted away from a natural mode of living, and have become so effeminate that we can no longer suffer the action of foods which in the beginning furnished the material in accordance with which our bodies developed their present form.

It must be evident to the thinking person that the human organs adapted themselves to the matter which was available to them for nourishment.

According to the law of least resistance, which undoubtedly governs the growth and development of all living beings, our digestive organs took on their present shape only after having developed from inferior and less adaptable conditions.

Through the facilities offered by civilization, and through a misguided dietetic expansion, the lines of least resistance became non-resistant, and humanity slid into the slough of food-confusion, from which today all humanity is suffering.

This fact, however, is not widely recognized.

If any French chef, or any leading society lady, should be questioned upon the subject, her opinion undoubtedly would be that the only improvement in our cookery needed is novelty, and still greater complication.

And yet, the complication already existent is exactly what furnishes the living conditions of our dietetical doctors and institutions.

According to the frank admission of such eminent specialists as Dr. Lorrand Scholtz and many others, their practice would dwindle and disappear, if the general public would adopt the few rational advices they have been offering.

However, all these specialists are not in the least afraid of losing their livelihood, because they have found that the average human will change his habits only when his well-being becomes seriously endangered.

But the essence of the teachings of these doctors, and the means by which they would gently guide their patients back to a rational diet, is: To live simply, to eat frugally, to exercise in the open air, and to sleep restfully.

The latter point again is entirely dependent upon the kind of food the

patient consumes. If he lives simply, his body will have a chance to devote some of its strength to the work of elimination, instead of devoting all of its power to the task of digestion.

It must be remembered that foods that keep the organs of the body busy for hours, tire these organs the same as muscular work would; and where the organs are tired a great amount of sleep will be necessary to let them recuperate.

It becomes, therefore, imperative to avoid overexertion of the digestive tract, if we would give our bodies a chance to do reorganization work. And this overexertion can only be avoided by eating foods that are easily digested, and furnish thorough peristalsis, and which induce us to chew and masticate assiduously, and in this manner insalivate and prepare the food for digestion.

Another point to be considered, particularly in the summer, is, that food should be adapted to the season.

During the hot weather, therefore, the menu should be so composed as to furnish few heat elements, and the temperature of the food, itself, greatly contributes to the temperature of the body.

Therefore, we should endeavor to induce the members of our households to compose their menus for breakfast of milk, or fruit juice, fresh, stewed, cold, or soaked, dehydrated fruit, cold breads, butter and, perhaps, a cold cereal with cream and sugar.

Such a breakfast will be found to leave the consumer cool, refreshed, in good form for exercise, and will permit him to return to the table at luncheon with an appetite that augurs good health and a sunny disposition.

The housewife, on the other hand, will avoid the task of cooking, and save herself a great deal of dishwashing; should she be in the happy position of being able to afford a servant, then she can employ this assistant for other work.

If she has to do her work herself, she will find that her dishes need but very little cleaning, and that this cleaning can be done without alkali-soap, and in this way she will preserve the texture of her hands.

For luncheon, cold salads, such as tomato salad, fruit or vegetable salad, all thoroughly mixed and dressed with a good dressing, and served with corn, rye, or whole-wheat bread and plenty of butter; a glass of milk with an egg whipped into it and a pinch of sugar, or, for a change, a fish salad, or a cold cut, with iced chocolate, and fresh or stewed cold fruit, will be found to be delicious.

This system of setting the table will make it possible for the lady of the house to prepare those foods which must be cooked in quantities, and keep the remaining part in the refrigerator, where they will keep fresh until they are again used. Should they threaten to sour, then all that is required is to reheat them and cool them again. In this way rice can be kept indefinitely, and what is better for a summer dinner than a cold cup of broth, bread and butter, cold rice with cream and sugar, head-cheese, green salad, fruits, nuts and cold tea?

The menu can be changed daily, and a constant stream of surprises can be supplied.

The housewife will soon notice that the members of her household will look better, feel better, sleep better and develop a sweeter disposition, and she, herself, will find time to devote to more agreeable and more congenial tasks than cooking and dishwashing.

# Lessons in Foods and Cookery, with Simple Appliances

## Foods Ready Without Cooking

By Anna Barrows

Instructor in Cookery, Teachers College, Columbia University

DURING the cold weather many teachers in rural schools have combined an excellent lesson about foods with a hot luncheon cooked over the school-room heater. Even where that is not feasible some useful lessons, without any actual cookery, may be given in connection with the summer festivals.

Though the school may have closed before the celebration of July 4, such a lesson as is suggested here might be given in advance to aid pupils in choosing their refreshments outside of home more intelligently.

The circus, with its attendant stands, or the county fair, or the itinerant ice cream vender of the city streets, all have a part in shaping the food habits of children.

Why should we wait for a formal course in cookery and food values until the food habits of pupils are formed? Is it not more reasonable to set them thinking of the cost of living, from the time they have a penny to spend for whatever they may choose?

At least, we may teach them something of the relative values of foods without reference to "calories." Yet many children grasp the idea of the "unit of measurement" quicker than their mothers. This, perhaps, is because they are just learning other measures — the quart and peck, the yard and rod.

During the war period, one boy in a city school came home to his dinner, and afterwards asked his surprised mother, "How many of them calories did I get."

In these days of costly foods, the teachers may help the homes by showing the children what foods give us most for our money, and teaching them that we may learn to eat what is best for our health and strength.

Thus far in this series we have been studying foods that are staples, now we may consider some that many people think they eat merely for enjoyment. Some mothers look upon desserts as extras, designed to please and not to nourish. But a custard pudding or pie usually will supply double the energy producing material that would be gained from an average soup or stew.

There are a few articles likely to be available at every celebration or summer festival. Suppose we consider three items, which are representative types. These may be taken up in school together, or one at a time. Even little children in primary grades may be led to see that some foods will "stay by" longer than others. The old illustration of the stove or engine may help us here. The different values of paper, wood, and coal in keeping the house warm, may serve to impress the fact that, in some cases, chocolate or peanuts would be more sustaining foods than oranges.

Let us imagine that somebody came and asked us to go to the circus and mother had no time to put up a luncheon for us, but gave us money to buy what we chose from what was to be found on the stands around the grounds.

Perhaps the dealers had sold most of their supplies before we came, and all that was left for us to buy were watermelon, bananas, and peanuts. Which would you choose? How much would you want to take the place of a sandwich, such as mother would have given you?

Suppose it was a very hot day, would that make any difference in your choice?

Along these lines there is a chance for the trained teacher, even though she knows little of cookery, to arouse discussion, which will show her how foods are administered in the homes of the individual children, and this may throw light on their conduct in school. For purposes of illustration, canned tomatoes would serve as well as the watermelon, since both are over 90 per cent water, but these may be used at any season.

The watermelon is a favorite with most children, and affords an opportunity for a little lesson in geography and commerce. Do they grow in your garden? Why not? What does a whole watermelon cost? Can we eat it all? What is the cost, then, of the part we do eat?

Why does it cost so much? What would it cost if it grew in this town? In this way pupils may be led to see that transportation costs for food as it does for themselves. That the true cost of any food must take account of freight, of refuse or by-products, and of the labor involved in producing the finished product; that perishable foods will always cost more, because some allowance must be made the dealer for the risk of loss.

These facts must be given in different words to children of the different grades, of course, but the underlying thought of comparison of values may be implanted early in connection with foods, when the wearing quality of clothing would have no interest.

In some localities it may be possible, by shares of one or two cents a pupil, to buy a whole watermelon, and study it from various sides; color contrast of the green, white and pink, relative proportion of each, weight and number of reasonable portions, etc.

Some mother, near-by, may be willing to lend scales, and thus a more effective lesson can be given in weights, in general, than by the blackboard alone, aside from the interest in the melon.

In the study of any article of food children should be encouraged to tell all they know, partly for self-expression, and that they may see how little and, often, how inaccurate their knowledge really is. Then they should be sent to the dictionary, encyclopedia, or to any one in the vicinity who is acquainted with the subject.

Since the North cannot compete with the South in raising watermelons, the subject would naturally be handled in a totally different way in the two sections.

Texas is one of the leading states in the production of this fruit, and its annual yield would provide its inhabitants with several melons apiece. Georgia and all the states across to Kansas find profit in this crop. Yet the distance to markets is so great that producers only get somewhere about five cents apiece for melons that cost fifty cents or more at a fruit store in the North.

Some farmers devote most of their watermelon crop to producing seeds, as thus they earn more than from the sale of melons, for a single melon may yield seeds worth ten to twenty cents.

The United States Department of Agriculture has made careful experiments, which show that it is possible to make a delicious table syrup from surplus watermelons. There is only about 7 per cent of sugar in the melon, but it is easily pressed out.

Ten melons, weighing twenty-five pounds each, will yield about the thirteen gallons of juice necessary to make one gallon of the syrup.

If the watermelon is only 7 per cent sugar, that means there is one teaspoonful of sugar to about fourteen of water (and fiber), or that it would take fourteen to fifteen pounds of watermelon to yield a pound of sugar.

Compare cost of sugar and the cost of the melon. Would it pay us here to buy melons to make into syrup or sugar? Where children are familiar with the making of maple syrup and sugar, useful comparisons may be made. Let older children work out relative costs, including time and labor, of the cane sugar or molasses, and maple, etc.

It would not be profitable, therefore, to pay such prices as we must pay for foods that come a long distance and use them in ways that might be right where they were abundant.

Since we have paid a high price for this melon, can we do anything with the rind and seeds, which are too tough for our stomachs?

Some one may suggest the sweet pickle or preserve, made from the melon rind, and the children might start it after the sweet centre has been served, and co-operate with some mother in its completion. The pink portion may be scooped out in cone-shaped portions with a tablespoon, (these are pretty to serve,) and leave the rind whole, ready to cut in fancy shapes, if desired. Or some of the older girls might carry on the whole process, keep account of added expense for spice and sugar, actual labor, and sell the finished product at market prices. Thus the importance of the use of by-products could be taught.

Is there any use for the seeds? Would any animal eat them? What does that indicate regarding the digestive capacity of such creatures, compared with ourselves?

Has any one here ever seen a necklace made by stringing seeds of other plants? Some one may have had one sent from the tropical countries. The seeds of the musk melon, not so hard, have been used to ornament various articles.

Often the teacher, who is not familiar with the customs and crops of her district, will do better to let such a lesson shape itself by allowing the children to tell what they know and to ask questions, than by following a formal lesson plan.

The watermelon has been taken because it is a subject of interest to most children. The fact that it is imported, instead of raised in the neighborhood, lends it a special interest that the potato might not have.

The point is, that history, commercial geography, etc., may be best taught by means of attractive foods. Moreover, even little children may be guided in choosing foods.

If we are very, very hungry, should we choose sweetened water, if that were on the table, or a good sandwich? And the watermelon is really little more than sweetened water in a pretty form, and with a good flavor. Lemonade, well sweetened, may be more nourishing than the melon.

On the stand where we saw the melon, there might also be some bananas and peanuts. Would these be any better than the watermelon to keep us from being hungry?

If so, there must be some good reason, —perhaps some child may think that they are not so wet and juicy as the melon; that the melon would take the place of water, if there was none that was safe to drink, and the bananas might take the place of bread and the peanuts of butter. Here is a chance to give some hints about drinking water. The soldiers have used canned tomatoes, where the water was not safe, or hard to get.

It is not difficult to make children see the difference in foods so far as water is concerned. Here it may be explained that, while the melon is more than nine-tenths water, the banana is only three-fourths water, about the same as the potato, which we look upon as a "filling" food. Do not talk in percentages to children who have not worked with decimals. Every child has seen a pie or cake cut in quarters.

The peanut has about one-tenth water, and in the form of peanut butter, much less. The peanuts alone would make us very thirsty, and the two would be more like the banana in their proportion of water.

Both the banana and peanut may be studied in much the same way as the melon has been outlined.

(Mrs. Hill, the editor of this magazine, has prepared a very useful booklet on the banana, its growth and uses.)

The United States Department of Agriculture has a bulletin on the peanut.

Chocolate has about the same calorie value as peanut butter, and may be chosen, if preferred.

With very few utensils, it is possible to prepare a salad from bananas, rolling sections in chopped peanuts, and serving on lettuce with a salad dressing, which may be bought, or brought from some home. Or they may be sliced, and blended with some red fruit-jelly, to eat with cookies or wafers. Another plan would include a few oranges and the pulp of the orange and the sliced banana may be put in the cups of the orange skins.

With even as limited an outfit as a sauce pan, measuring cup, alcohol lamp, spoons and a mold, sliced bananas may be molded in some of the prepared acid gelatines.

By borrowing a freezer from some mother, with a small assessment on each pupil for milk and sugar, fruit, ice and salt, a banana ice-cream may be made without any fire. Ripe bananas will mash and blend with the cream or milk during the freezing, even if not rubbed through a strainer.

The lack of fat in the fruit may be shown by the fact that it does not make grease spots on paper, etc., with which it comes in contact, as meat, butter and cheese would do. Moreover we seem to like cream or custard or salad dressing with it, just as we want butter or gravy with our potato.

The potato and banana are similar in several respects, and the latter is sometimes baked or fried like potato to eat with meat. The calorie value of the two is not very far apart.

The peanut apparently came to America from Africa, and its use was mainly confined to the southern states, until the Civil War extended the demand for it. The world war has taught us more about its value as a source of fat, and as a partial meat-substitute. It must not be mistaken for a true nut, but is a relative of the bean. Children in the northern belt of the United States should be given a chance to grow a few peanuts, even if they do not mature, to see their curious habit of forming underground.

Let young children count the peanuts purchased for a given sum and see how many they get for one cent, etc. Measure peanuts before and after shelling, and explain why the shelled nuts of all sorts are increasingly popular. They occupy less space in transportation; in the shops are more convenient. What should we do with the shells? Where raw peanuts can be obtained, let each child taste one, and give reasons for cooking.

With a borrowed food-grinder, having a special plate, some peanut butter may be made and used alone, or with chopped raisins or dates for sandwiches, or be diluted with lemon juice or vinegar and water as a dressing for banana salad.

Thin wafers or saltines may be used for sandwiches. Or the "butter" may be added to fine sugar and a little water and used as a frosting on the wafers.

Let the pupils plan a peanut dinner. Soup is possible, like that from beans or peas. A loaf, much like a meat-loaf, is often made from peanuts and crumbs. They may be used for a salad dressing or put in it. Peanut butter may be used for cookies, or chopped nuts may be sprinkled over them.

Several of the preparations suggested might be used as refreshments for a mothers' meeting, or for a school picnic.

A beginning in training community leaders is made when children are shown how to work together in organizing a picnic, planning for place, transportation and food.

# AMERICAN COOKERY

FORMERLY THE

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OF

Culinary Science and Domestic Economics

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ENTERED AT BOSTON POST-OFFICE AS SECOND-CLASS MATTER

## Summons

In the twilight of the vale
The birds are mute,
Save where the lone thrush plays
His silver flute.

So tenderly he sings
His evening tunes,
The heart is touched with dreams
Of vanished Junes.

In the twilight of the years
Sweet voices fail,
But love sings in the heart's
Sequestered vale.

And summoned from the past,
Old dreams return,
And loved ones hasten back
Where home lights burn.

— *Arthur Wallace Peach.*

## PROFITEERING

CERTAINLY these are abnormal times. The prices of all things are more than abnormal,—in case of many things they are outrageous. After the war is over it would seem a poor time to advance the price of anything, even that of labor. It indicates that there is something rotten in Denmark, and means trouble in the future. Now is time to face the other way. Our present administration is urging people everywhere to cultivate thrift and economy. Would they might set the example by practicing, as well as preaching, a bit of thriftiness. Already our churches have observed a day to enjoin upon everybody the urgent duty to find occupation for returning soldiers. All this is well and good and commendable, but how can those who have been pushed to the limit of expenditure and have nothing left give to others or provide places for them? Up to the present time we can recall little or nothing that has been said about the immorality and wickedness of profiteering.

Now, right here is the sore spot, the place to begin to reform. Why does not our secular and religious press speak out openly and frankly and say where real reform should begin? The only way to resume specie payment is to resume. The only way every one can have occupation is to cut out profiteering and reduce prices. Every form of activity must return to a normal basis. Could the profiteer be required to cut his prices to the standard of legitimate gain at once, the long-suffering consumer would be benefited just so much and the so-called laborer, we are all laborers as well as consumers, could then reduce the price of labor and, in consequence, countless kinds of business, now at a standstill on account of prohibitive prices, both of labor and materials, could resume operation, and work for everybody would be more plentiful.

## DIETETIC COURSE HELPS TO SOLVE SERVANT PROBLEM

WOMAN'S independence of her maid is the goal of the new classes in dietetics, which are being organized throughout the country by the Red Cross. Armed with measuring cup and spatula, flour and sugar, and all other ingredients whose uses they learn in the class, women are being taught freedom from cooks, delicatessen stores, and indigestion, under the tutelage of experts.

"I can't get a maid and my husband

has lost ten pounds while we were boarding, I simply must learn to cook for him," complained the young bride of a soldier, who had just been mustered out of the army, as she asked admission to the class.

No army cook or hired chef will surpass this soldier's wife when she has completed the five-weeks' course of fifteen lessons. The plans are a surety that any women taking the courses soon will know how to purchase and care for food, to prepare many simple and even more "dressed up" dishes, and to plan a menu that will have due respect for the pocketbook and the palate.

Most housewives are unfortunately quite ignorant of the necessities of a kitchen. They complain about the monotony of home cooking, and of the lack of nutrition in restaurant food. But what really is wrong is that the spirit of cooking has not been instilled into them.

The basement of the Whitelaw Reid home in New York is fitted with cooking tables of light brown wood, tiled sinks, small iron ranges, and well-stocked pantries. Many women are taking the course with an impersonal view. One wishes to become a dietitian's aid for farm service, and another wants to be able to come to the fore in case of another emergency like the influenza epidemic, which demanded the services of many more women than were available to prepare food for patients. — A .R. C.

## MEN AND CLOTHES

ACCORDING to the inventory of a recent decedent's estate, a New Yorker, he left to posterity about threescore suits of clothes, six of them for evening wear. At this news one's mind reverts to the bare Belgians, but concerning the dead nothing unless good, and, besides, the gentleman may have sent threescore other suits to clothe the nakedness of Albert's heroic people. Indeed, the appraisement lends itself to this thought, for the average valuation of the morning clothes was but $15 per suit, that of those for evening wear a mere beggarly $25 each. As it is impossible to believe that an ornament of New York society owned threescore "hand-me-downs," he most probably sent to the Belgians his newest garments, and kept only his older wear, a conclusion connoting not only a charitable disposition, but a human fondness for old clothes, a trait common to all good men, and perhaps the most difficult of many masculine oddities for women to understand.

After all, by what standards shall we judge the sartorial needs of masculine Flora McFlimseys? There are few subjects upon which men, even in the same walk of life, so widely differ. How many American statesmen are the heroes of the story which represents a husband, who, returning to his solicitous and fastidious wife after a short absence, and seeking to give an account of the linen so carefully packed by her own hands, proved to be wearing the seven shirts intended to assure him a daily change? Those too much neglected letters of the Blaine family contain a contemptuous reference to President Arthur's mere three dozen coats, but to the Blaines, Chester Allan Arthur probably figured, not as a political accident, but rather as the usurper of a better man's rightful place. How many coats sufficiently equip a President of the United States? If photographs may be trusted, good Mr. Lincoln must have possessed but the single dismal black "frock" in which he so often appears, a garment always sadly in need of pressing, and one that must have caused Mrs. Lincoln many a moment of anguish. As to the traditional American well-dressed man, the palm must be given to a railway magnate said to have had a pair of trousers for every day in the year, but he died in a madhouse.

Efforts have been made to set up clothes as a social shibboleth. A British aristocrat declined a challenge to a duel upon the ground that the challenger was

not a gentleman, as it was known that he did not wear three shirts a week. Before the price of laundering became well-nigh prohibitive, the British man of fashion held two shirts a day to be a fair allowance. Sir John Falstaff, on the other hand, prayed for cool weather when he went to war, because he carried but three shirts in his kit, and he assures us that in all the rest of his company there was but a shirt and a half. The Englishman who felt that we must "cut" our moderately remote ancestors, should they come to life and claim acquaintance, was probably right, for literature bristles with evidence that our forebears, of whatever rank, had standards as to dress, dining, bathing, that fall far below our modern notions of delicacy, and even of sanitation.

As usual, it is to the wisdom of the east that we must turn for counsels of moderation in all things, even dress. The prayer, "Give me neither poverty nor riches, feed me with food convenient for me," applies to other matters besides those with which Mr. Hoover has recently concerned himself. Again, what humor and what deep significance in the story of the sick Sultan who was to be cured by merely wearing the shirt of the happy man. That fortunate person was found after long search of the realm, but, behold, he had no shirt!

*The Boston Herald*

## BLESSED BE THE PLODDERS

IT is better to be a steady, reliable plodder, than to be a brilliant, but erratic and undependable genius. The plodder wears better and in the end accomplishes more and better work. True, it may take him longer to do it than his brilliant brother, but the work is likely to be well done. The genius makes a great sensation and receives plaudits and rewards for his occasional brilliant exploits, but unless he is well-trained and well-balanced, he is apt to go up like a rocket and come down like a stick. The genius is too apt to work only by fits and starts, or when inspired, or in the mood, and there are long stretches when he is idle or useless. You never know when he will be in the mood to work. He doesn't know himself. Waiting for geniuses and brilliant men to get under way is tiresome and exasperating. Then the plodder shows his true worth. He says little, but plugs away patiently and steadily, and by his very persistence and endurance he accomplishes noteworthy results, far outpassing the meteoric efforts of the genius.

The plodder not infrequently develops the best kind of genius: the genius for hard, sustained, patient labor. He frequently illustrates the advantage of being a tortoise rather than a hare. If you feel that you are only a plodder, and have none of the attributes of genius, do not despair. Do the best you can; develop and use all of such talents as you have; and you will be likely to go farther and fare better than your brilliant fellow.

In the nature of things, the world needs more plodders to keep the machinery running, just as we need more farm horses than we do trotters. A good work horse is more highly esteemed, lasts longer and is more useful than the swiftest race horse ever bred for exhibition purposes. If you are a plodder, aim to be the best in your class, and your reward is sure.

A. J. S.

Will readers please notice that this, the June-July issue, is the first number of a new volume of AMERICAN COOKERY. This is the only publication of the kind, as far as we know, that carries a complete annual Index and Title Page. From every point of view AMERICAN COOKERY is always worthy of Preservation and Continuation.

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## Home

A tiny house; a plot of earth;
And thou, and I, ah, these make home!
Speak not of poverty nor dearth —
A tiny house, a plot of earth
Are ample cause for thanks and mirth.
For bliss we need no further roam.
A tiny house; a plot of earth;
And thou, and I, ah, these make home!

— *Blanche Elizabeth Wade.*



STRAWBERRIES, SUGAR AND CREAM

# Seasonable-and-Tested Recipes

By Janet M. Hill

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

## Hors D'Oeuvres, Italian Style

IN a hors d'oeuvre dish of three or four compartments, dispose in one compartment pulled bread, in another delicately sliced, smoked tongue, and stuffed olives in a third. Small plates should be in place on the service plates, and the hors d'oeuvre dish with silver utensils for the smoked tongue and the stuffed olives. This is passed for the first service of the meal.

## Sardines as a Hors D'Oeuvre

Cut Boston brown bread in rounds; cut out a thin round one-eighth an inch from the edge; fill this open space with sardine flesh, pressed through a sieve, seasoned with lemon juice, salt, paprika and Worcestershire sauce, mixed together. Set a slice of hard-cooked egg at the center, and a row of capers around the egg.

## Calf's Liver Forcemeat

Rub the inner surface of a frying pan with a clove of garlic cut in halves; cut a pound of calf's or lamb's liver in cubes and cook them in the pan with some melted bacon fat and half a shallot. Cook these, stirring often, until well cooked, then let them cool; add a few cubes of veal or cooked breast of chicken and pound in a mortar, then press through a sieve. If you can add, while pounding, the chopped trimmings of truffles, the flavor will be that of the imported pâte. This forcemeat may be added (not too much, just enough to give the right flavor) to chicken or lamb croquettes, or to any sort of creamed dish, or to line a shirring dish, or china ramekin, in which an egg may be poached.

## Cream of Spinach Soup

Scald half a cup of milk, a slice of onion and three slices of carrot in a double boiler ten or fifteen minutes; add one-fourth a cup or more of cooked-and-chopped spinach and press through a sieve. Have ready one cup and one-half of thin white sauce, made of two

tablespoonfuls of butter, two tablespoonfuls of flour, half a teaspoonful of salt, and one-fourth a teaspoonful of pepper; add the purée; mix while heating and serve at once. If too thick add a little hot milk.

## Spinach or Chard with Broiled Lamb Chops

Cook well washed (no sand) spinach in the water that clings to it after washing. Drain and chop, season with salt, pepper, butter or a little cream, and stir over the fire until very hot and quite dry; dispose on one side of a serving dish and set about four carefully broiled, or breaded-and-fried, lamb chops, Frenched, on the other side of the plate against the spinach.



CHARD WITH BROILED LAMB CHOPS

## Shoulder of Lamb, Sauté

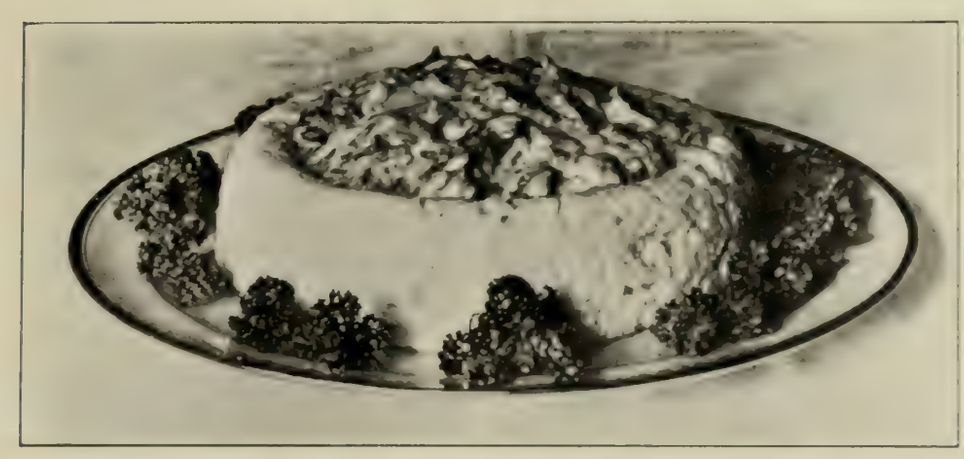
Cut a shoulder of lamb in pieces for serving, having them about an inch thick. Cover with boiling water, let boil about five minutes, then simmer till tender. Skim the pieces from the broth, roll them in flour, mixed with salt and pepper, and let cook in a little hot fat, bacon or salt pork till lightly browned on one side, then turn to brown the other side. Make a sauce with the broth, salt and pepper. This makes a change from the ordinary boiled or stewed lamb.

## Fricassée or Curry of "Bombay Ducks"

Take a good-sized cucumber or two small ones, cut them lengthwise into quarters, remove the seeds and peel off the green skin. Cut them into pieces, two inches long and one inch thick, and put them in a stew pan with water, half a tablespoonful of butter and a teaspoonful of salt. Let simmer until nearly done, then drain off the liquid and turn the pieces of cucumber on a clean dish.

Take a large, fresh cocoanut, remove the whole of the white flesh, rasping it into a bowl; over this pour a cup of boiling water, leave it for fifteen minutes, then pour off the liquid. This is the best thing used in the curry and must be left until the last of the cooking. Return the raspings to the bowl and pour over them two cups of boiling water; stir well and let the liquid stand half an hour, then strain and squeeze dry.

Put one-fourth a cup of butter or other fat into a stew pan, and when it melts mix into it a white onion, shredded into rings. Move the onions in the fat, and two tablespoonfuls of flour, half a tablespoonful of tumeric powder, a teaspoonful of salt, a teaspoonful of sugar, a little cinnamon and clove, and when well blended, little by little, the last cocoanut infusion; when this is boiling, add, by degrees, a cup of thick chicken or fish broth, a tablespoonful of sliced green ginger and three green chillies, cut into Julienne-like strips. Set into a bath of boiling water while you add the cooked



CROWN OF RICE WITH CREAMED CHICKEN

cucumber, and as many pieces of Bombay duck as are required.

## Crown of Rice with Creamed Chicken

For a crown mold holding one pint of material, blanch one (scant) cup of rice, then put over the fire to cook in one quart of liquid, chicken broth in whole or part; add also half a teaspoonful of salt. When done, butter the mold and into it pack the rice; set the mold on several folds of paper in a dish of boiling water and let cook in the oven until the filling of the crown is made ready. Melt one-fourth a cup of butter, or other shortening; in it cook one-fourth a cup of flour, half a teaspoonful, each, of salt and pepper, and a scant pint of liquid, broth and milk, one or both; unmold the crown on a serving dish; fill the center with the meat and serve at once.

## Potato Border with Vegetables and Broiled Beef

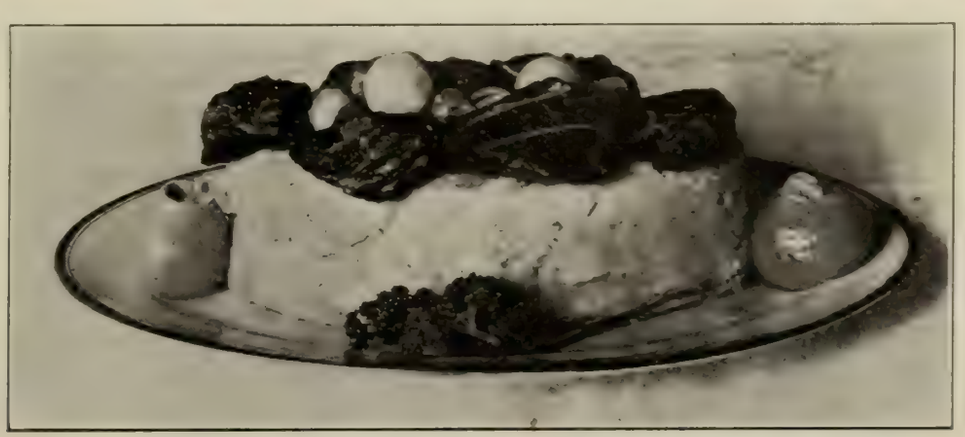
Have ready boiled potatoes, mashed and seasoned as for the table. Beat thoroughly and press into a well-buttered mold to fill it full. Have ready, also, tiny beets, carrots and turnips, cut in small balls, all cooked tender and seasoned generously with salt, pepper and butter. Fill the center of the ring with the vegetables and set small rounds of beef tenderloin, nicely broiled, on the top of the potato; serve with a bowlful of brown sauce.

## Brown Sauce

Melt four tablespoonfuls of fat; in it cook half an onion and half a carrot, cut fine; add four tablespoonfuls of flour and half a teaspoonful, each, of pepper and salt; stir until bubbling, then add two cups of beef or veal broth and stir until boiling.

## Mock Terrapin

Have ready half a calf's liver (or less). The liver may have been broiled or braised with vegetables. Cut the liver into small cubes. Put three tablespoonfuls of light-colored, clean, bacon fat into a frying pan; when hot add the liver,



POTATO BORDER WITH VEGETABLES AND BROILED BEEF

dredged with two tablespoonfuls of flour, half a teaspoonful of fat and one-fourth a teaspoonful of paprika. Stir and cook until the flour is blended with the fat; then add one cup of stock or water and one teaspoonful of chopped parsley. Stir until boiling; add one-fourth a cup of cream, two hard-cooked eggs, cut in cubes, and one teaspoonful of lemon juice. If preferred milk may be used in the place of the broth or hot water, and two well-beaten eggs in the place of the cooked eggs.

## Boston Brown Bread

Put one-half cup of corn meal, one-half cup of rye meal, and one-half cup of pastry flour, half a teaspoonful of salt, and five teaspoonfuls of baking powder; cut in three or four tablespoonfuls of shortening and use milk in mixing to a soft dough. Turn the dough on to a floured board, knead slightly, and cut into rounds. Bake on a greased plate about eighteen minutes; serve hot with strawberries, sugar and cream.




EACH OF ABOUT THE SAME FOOD VALUE

## Oatmeal Biscuit

Sift together two-thirds a cup of pastry flour, two teaspoonfuls of baking powder, and one-fourth a teaspoonful of salt; add two-thirds a cup of oatmeal and two teaspoonfuls of shortening; mix the shortening into the flour and oatmeal, and add milk, a little at a time, to form a soft dough. Pat them into shape with a wooden spoon; set them into well-greased individual pans or cups, and bake in a *very hot* oven. Note that the oven must be too hot to hold the hand in it.

## Baking Powder Biscuit

Sift together two cups and one-half of whole-wheat flour with one teaspoonful of soda, and half a teaspoonful of salt into a bowl and sift, adding the bran in the sieve if there be any, taking care, meanwhile, to crush and sift any soda in the sieve. Add a scant half-cup of molasses, one cup of buttermilk or sour milk, and mix thoroughly. Put three-fourths of the mixture into a brown bread mold and set the cover in place; it need not be pressed down tight. Put the rest of the mixture in a small mold, it need not be covered, and let the bread steam constantly three hours. Fill the steamer to the rack with cold water. Heat quickly to the boiling point, and do not

let the water cease boiling for three hours.

## Potato Purée

In boiling potatoes some cooks think it improves the potatoes to add a little cold water, now and then, to check the boiling. They are done when a fork goes through them easily; drain and dry in the hot sauce pan in which they are cooked; add butter generously, salt and a little milk. Make the mixture a little more moist than for the usual mashed potato. Rub over the bottom of the sauce pan with the cut side of a clove of garlic before you mash the potato into it. Soup stock may be used in place of milk. The purée is used as a vegetable with meat or fish, and is thought to have a foreign taste.

## Peas Cooked in a Jar

Put a pint of green peas into a fruit jar; add a tablespoonful of butter, one-fourth a teaspoonful of salt, a teaspoonful of powdered sugar, a dozen mint leaves and one-fourth a teaspoonful of black pepper. Close the jar secure and immerse it in a stew pan with plenty of boiling water; temper the jar before adding the peas, etc. Let cook briskly half an hour; examine and if not done cook longer. Young peas should cook in half an hour.

## Rice Timbale with Strawberries

Put half a cup of rice and two cups of cold water over the fire and bring quickly



BOSTON BROWN BREAD

to the boiling point. Let boil vigorously five minutes, then drain and rinse in cold water. To the blanched rice add two cups of milk and half a teaspoonful of salt and let cook until the rice is tender, adding more milk if the rice becomes too dry. Add the grated rind of an orange or a lemon or half a teaspoonful of vanilla extract and two tablespoonfuls, each, of butter, sugar and cream; mix thoroughly, then fold in the white of an egg, beaten very light. Have ready an oval charlotte mold or a timbale mold, thoroughly buttered and dredged with granulated sugar. Press the rice into the mold to fill it evenly. Set on several folds of paper, in a pan of hot water, into the oven to remain ten minutes. Let stand out of the water five minutes to settle, then turn



BAKING POWDER BISCUIT

on to a serving dish. Pour around the rice a pint of preserved strawberries, or, use fresh strawberries, hulled, washed and mixed with sugar.

## Coffee-and-Tapioca Trifle

Have ready two cups of hot, clear coffee (strain through linen if necessary); add half a cup of pearl tapioca and let cook over boiling water, stirring occasionally, until tender. Pearl tapioca will take at least two hours cooking. The minute and other quick-cooking tapiocas will cook in half an hour. When done add half a cup of sugar and turn into glass cups; serve with cream slightly whipped.



COFFEE-AND-TAPIOCA TRIFLE

## A Fluffy Lemon Pie

Mix two level tablespoonfuls of sugar and half a teaspoonful of salt with one-fourth a cup of cold water to pour; then pour on three-fourths a cup of boiling water and let cook directly over the fire, stirring until boiling; add the juice of one lemon, also the grated rind, if it be not objectionable. Beat the whites of two eggs very light, the yolks also very light; fold the whites into the yolks, then beat into the eggs one cup of sugar. Beat the sugar in, one tablespoonful at a time, so as to keep the mixture very light; bake with two crusts.

## Pekin Salad

Line an oval Charlotte mold with hot boiled rice, and let cool. When cold fill the center with a chicken filling and let chill on ice. Unmold and serve on a bed of cress, seasoned with French dressing; serve with French or mayonnaise dressing in a bowl. For the filling, soften a tablespoonful of granulated gelatine in one-fourth a cup of cold water, and dissolve in half a cup of hot chicken broth; stir in one cup of cooked chicken, cut in small cubes; when cold add one cup of cream with a few grains, each, of salt and cayenne.

## Chinese Lettuce Salad, Russian Dressing

Cut Chinese lettuce, crisped by standing a short time in cold water, in quarters lengthwise, then crosswise; drain and dry on a cloth. Set in a salad bowl and pour over about a cup of Russian Dressing. Or, serve the lettuce on individual plates and the dressing in a bowl.

## Russian Dressing

Beat half a cup of French dressing (six tablespoonfuls of oil, two tablespoonfuls of vinegar, one-fourth a teaspoonful, each, of salt and paprika) gradually with an egg-beater into half a cup of mayonnaise dressing, then beat in two tablespoonfuls of chili sauce and fold in one-third a cup of whipped cream, with fine-chopped green or red pepper, onion juice, cucumber pickle and parsley to taste.

## Caramel Custard Renversée

Cook one-third a cup of sugar in a



CARAMEL CUSTARD RENVERSEE.

small sauce pan over a quick fire, stirring rapidly until the sugar is dissolved and turned a caramel color. Take a tin mold, holding about three cups, and as soon as the sugar is melted turn it into the mold. With a towel in both hands, tip the mold from side to side to coat the inside with caramel. Beat four eggs until light; add one-fourth a cup of sugar and half a teaspoonful of salt and beat again; add two cups of milk, mix thoroughly and turn into the mold. Set the dish in a pan of boiling water on a folded cloth, and let cook without the water boiling until the custard is firm in the center. When cold unmold on a serving dish.

In the illustration, the custard is shown cooked and turned from the mold with the syrup around it; also, the empty mold and a part of the custard baked in a small glass cup with a cloth below and boiling water around it are shown.

## Cocoanut Meringues

Beat the whites of two eggs very stiff; add slowly half a teaspoonful of sugar and continue the beating and adding until one-fourth a cup of sugar has been used. Fold in one-fourth a cup of granulated sugar, a few grains of salt, two teaspoonfuls of rice flour, mixed through one cup of shredded cocoanut. Shape the mixture in rounds in a tin lined with light brown paper (not paraffine), and let bake in a very slow oven until lightly browned above and below. For cocoanut cakes see Query No. 4068.

## Ribbon Cake

(To Serve 65 or 70 People)

Cream one cup of butter; gradually beat in four cups of sugar, then the



COCOANUT MERINGUES, COCOANUT CAKES

beaten yolks of eight eggs, and, alternately, two cups of milk and seven cups of pastry flour, sifted with ten teaspoonfuls of baking powder. Lastly, beat in the whites of eight eggs, beaten very light. To one-third of the mixture add one teaspoonful, each, of cinnamon, mace and nutmeg, one pound of raisins, cut up in small pieces, one cup of figs, fine-chopped, and two tablespoonfuls of molasses. Bake this in a pan 16½ x 12 inches; bake the white part in two pans of the same size. Put the three layers together with apple jelly, having the dark layer in the center; spread boiled frosting over the top.

## Igleheart's Lemon Queen Loaf

½ cup butter
1 cup sugar
Grating of lemon rind
4 egg-yolks
2 tablespoonfuls lemon juice
1¼ cups of Igleheart Brothers Swansdown flour
¼ teaspoonful soda
4 egg-whites

Cream the butter; gradually beat in the sugar, lemon rind, egg-yolks, beaten light, lemon juice and flour, sifted with the soda; lastly, beat in the egg-whites and turn into a round, tubed, buttered pan about seven inches on the bottom. Bake about forty-five minutes. Cover with boiled frosting, using part of it tinted green and pink to ornament the cake.

## Frosting for Igleheart's Lemon Queen Loaf

Put in a double boiler one egg-white, one cup of sugar, and three tablespoonfuls of cold water. Set over boiling water and let cook seven minutes, while beating constantly with a Dover egg-beater. When cooled a little spread a part over the cake, then use a part tinted leaf-green, and a part tinted pink to finish the decoration.

## One Cup Malted Milk Chocolate

Put two teaspoonfuls of malted milk, and two teaspoonfuls of instantaneous chocolate into a cup and mix thoroughly; mix to a paste with a little cold water, then fill the cup with boiling water, beat well and it is ready to serve. For some tastes a little more sugar may be desired.

## Apricot Sponge

Soften one tablespoonful of granulated gelatine in one-fourth a cup of cold water and dissolve in one cup of sifted apricot pulp and juice made hot for the purpose; add one-fourth a cup of sugar and stir until dissolved, then when the mixture begins to become firm, beat in the whites of two eggs, beaten very light. Serve in glass cups with cream, sweetened a little and beaten very light, on the top of the mixture in each cup. Prunes are good served in the same way. Too much gelatine should not be used. The dish is at its best when not quite firm enough to hold its shape



IGLEHEART'S LEMON QUEEN LOAF

# Menus for One Week in June

## SUNDAY

**Breakfast**

Wheatena, Top Milk
Beauregard Eggs
Doughnuts
Coffee Cocoa

**Dinner**

Veal Cutlets Cooked en Casserole
Potato Balls Browned in Fat in Oven
New French Turnips
Lettuce, French Dressing
Toasted Uneeda Biscuit
Canned Apricot Sponge, Whipped Cream

**Supper**

Cheese-and-Bread Pudding
Strawberries, Thin Cream
Tea
Rolled Sponge Cake

## MONDAY

**Breakfast**

Cream of Wheat, Top Milk
Asparagus on Toast, Melted Butter
Whole Wheat-and-Ryemeal Muffins
Coffee Cocoa

**Luncheon**

Spinach, French Dressing
Cold Boiled Tongue
Parker House Rolls
Prunes Stuffed with Nuts,
Whipped Cream

**Dinner**

Veal (Cutlets left over) Soufflé.
Tomato Sauce
New Beet Greens
Old Potatoes, Mashed
Individual Strawberry Shortcakes

## TUESDAY

**Breakfast**

Puffed Rice, Top Milk
Creamed Dried Beef
White Hashed Potatoes
Waffles, Amber Marmalade
Coffee Cocoa

**Luncheon**

Lobster or Salmon Salad
Baking Powder Biscuit
Strawberries
Cottage Cheese
Toasted Crackers

**Dinner**

Boiled Salmon, Drawn Butter Sauce
Green Peas
Boiled Early Potatoes
Rye Bread and Butter
Rhubarb Pie Cheese

## SATURDAY

| Breakfast | Luncheon | Dinner |
|---|---|---|
| Puffed Rice, Top Milk | New York Baked Beans | Stewed Pigeons, Brown Sauce |
| Calf's Liver and Bacon | Beet Greens | Stewed Lima Beans (dried) |
| Creamed Potatoes | Boston Brown Bread | Hashed Brown Potatoes |
| Breakfast Corn Cake | Baked Indian Pudding | Cabbage Salad |
| Coffee Cocoa | | Rhubarb Pie |

## WEDNESDAY

**Breakfast**

Hominy Cooked in Milk, Top Milk
Bacon
Small Potatoes, Baked
Bran Muffins Stewed Prunes
Coffee Cocoa

**Luncheon**

Scrambled Eggs, Green Peas
Baking Powder Biscuit
Sugared Pineapple
Cookies
Tea

**Dinner**

Chicken Broth with Rice
Salmon Loaf, Drawn Butter Sauce
Mashed Potatoes
Lemon Sponge Pie
Cheese

## THURSDAY

**Breakfast**

Oatmeal, Thin Cream
Salmon-and-mashed-Potato Cakes, Fried
Radishes
Popovers
Coffee Cocoa

**Luncheon**

Stewed Lima Beans (dried)
Graham Bread and Butter
Spinach

**Dinner**

Fried Chicken
Turkish Pilaf
Buttered Carrots
Lettuce, French Dressing
Strawberry Ice Cream

## FRIDAY

**Breakfast**

Cream of Wheat, Top Milk
Scrambled Eggs
Ryemeal-and-Wheat Muffins
Coffee Cocoa

**Luncheon**

Cream of Green Pea Soup
Uneeda Biscuit
Cinnamon Toast
Amber Marmalade
Tea

**Dinner**

Baked Mackerel
Scalloped Potatoes
New String Beans
Graham Bread
Pineapple Sponge

# Simple Well-Balanced Menus for One Week in July

## SUNDAY

**Breakfast**

Cream of Wheat  Blueberries  Top Milk
Corned Beef-and-Potato Hash
Coffee  Baking Powder Biscuit  Cocoa

**Dinner**

Roast Leg of Lamb (yearling 7 lbs. serve 20)
Mint Sauce, Brown Sauce
New Potatoes Baked with the Meat
French Turnips
Head Lettuce and Sliced Prunes,
French Dressing  Toasted Crackers
Red Raspberry Ice Cream

**Supper**

Lettuce-and-Shrimp Salad
Rye Biscuit (reheated)
Graham Cracker Cake
Cream Cheese  Apple Jelly  Tea

## MONDAY

**Breakfast**

Wheatena, Dromedary Dates, Cream
Creamed Finnan Haddie
White Hashed Potatoes
Spider Corncake
Coffee  Cocoa

**Luncheon**

Egg Timbales, Tomato Sauce
String Beans
Graham Bread and Butter
Rice Boiled in Milk, Chocolate Sauce
OR Sugar and Cream

**Dinner**

Lamb Pie, Biscuit Crust
Green Peas
Lettuce and Garden Cress,
French Dressing
Raspberry Charlotte Russe, or
Raspberries, Sponge Cake, Cream

## TUESDAY

**Breakfast**

Corn Puffs, Blueberries
Hashed Lamb on Toast
Radishes
Dry Toast
Coffee  Cocoa

**Luncheon**

Lamb-and-Tomato Soup
Raspberry or Blackberry Shortcake
Toasted Crackers
Cheese

**Dinner**

Broiled Sword Fish
New Potatoes, Boiled
Beets, Boiled and Buttered
Quick Yeast Rolls
Sugared Pineapple
Cookies

## WEDNESDAY

**Breakfast**

Cream of Wheat, Top Milk
Berries
Mock Terrapin on Toast
Doughnuts
Coffee  Cocoa

**Luncheon**

Clam or Fresh Fish Chowder
Uneeda Biscuit
New Cabbage
Baking Powder Biscuit
Pineapple Sponge

**Dinner**

Broiled Lamb Chops
Mashed Potatoes (old)
Spinach with Sliced Eggs
Caramel Custard  Cookies

## THURSDAY

**Breakfast**

Wheatena, Top Milk
Stewed Apricots
Flanks of Chops (cooked tender) and
Potato Hash
Broiled Bacon
Blueberry Muffins
Coffee  Cocoa

**Luncheon**

Squizzled Dried Beef
Creamed New Cabbage with Cheese
Spanish Cream

**Dinner**

Fowl, Steamed and Browned in Oven
Mashed Potatoes
Carrots, Lyonnaise Style
Pineapple Bavarian Cream

## FRIDAY

**Breakfast**

Puffed Wheat, Sliced Bananas
Broiled Bacon, Broiled Sliced Potatoes
Hot Cross Buns
Coffee  Cocoa

**Luncheon**

Macaroni with Tomato and Cheese
Lettuce, French Dressing
Graham Bread
Raspberry Jell-O

**Dinner**

Fresh Codfish Chowder
Pickled Beets
Summer Squash
Apple Pie, Cottage Cheese

## SATURDAY

**Breakfast**

Cold Jellied Wheatena,
Hot Stewed Figs
Cold Boiled Tongue,
Sliced Very Thin
White Hashed Potatoes
Bran Muffins
Coffee  Cocoa

**Luncheon**

Cream of Spinach Soup,
Croutons
Canned Corn Pudding
Hot Rolls
Chocolate Malted Milk
Cocoanut Meringues

**Dinner**

Steamed-and-Browned Fowl,
Giblet Sauce
Mashed Potatoes
New Cabbage,
Creamed with Cheese
Lettuce, Russian Salad Dressing
Peach Pudding, Delmonico

# Buffet Suppers for Lodges, Boards of Trade, etc.

I

Doughnuts
Cheese
Coffee

II

Sliced Ham Sandwiches
Mayonnaise of
Chopped Chicken Sandwiches
Cheese-and-Sliced Nut Sandwiches
Coffee Cocoa

III

Coffee in Urns
Bouillon in Urns
Potato Salad
Cold Boiled Ham, Sliced Thin
Unbuttered Rolls
Olives Pickles

IV

Ice Cream Strawberries
Cake
Coffee

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# Four Course Banquets for Lodges, Boards of Trade, etc.

I

(1) Halves of Grapefruit
(2) Turbans of Fresh Fish with Oysters
Hot House Cucumbers
(3) Planked Sirloin or Swiss Steak
with Vegetables
(4) Fruit Cup
Coffee

II

(1) Strawberries, Powdered Sugar
(2) Creamed Fresh Fish in Ramekins
Potato Diamonds with Peas
(3) Broiled Lamb Chops
Macaroni (tomato, cheese)
Lettuce and Cress, French Dressing
(4) Baked Alaska Ice Cream
Coffee

III

(1) Strawberry-and-Pineapple Cocktail
(2) Fresh Fish Croquettes, Sauce Tartare
Parker House Rolls
Olives Salted Nuts
(3) Swiss Steak,
Brown Mushroom Sauce
Onions and Potatoes
Romaine or Lettuce Salad
(4) Strawberry Ice Cream

IV

Salpicon of Fruit in Cups
Creamed Codfish or Haddock in Ramekins
Jellied PhiladelphiaRelish, Jellied
Baking Powder Biscuit



# Food Hints for June-July

By Janet M. Hill

DURING the summer months it is well to plan for as many outdoor meals as possible. Easily transported, light, wire frames, that may be set up over a wood fire, make possible the cooking in the open air of almost anything edible. For baking a few biscuits, a portable oven may be set on the frame, but the principal use made of the frame will be as a broiler for bacon, chops and fish, boiling vegetables, roasting corn, baking griddle-cakes and potatoes, and toasting bread. To be sure, when going away for a week, or even a day, a basket of cooked food is always a welcome addition to the supplies. But even if but one meal is to be eaten out of doors, the pleasure of that meal is much enhanced by preparing at least one hot dish beside the pot of hot coffee. Brook trout, caught in the near-by stream, rolled in meal and cooked in a frying pan in a little hot bacon or salt-pork fat, will, with bread-and-butter sandwiches and hot coffee, make a meal that puts the finishing touch to a real "red letter" day.

In ready-cooked meats, boiled ham or tongue, sliced thin, if carefully cooked, are usually first choice; with these a glass of jelly, jam or pickles, potatoes to bake, and, for a sweet a few tarts, give dishes from which an excellent meal may be had. For simpler fare, peanut butter, cream cheese, with or without jelly, or chopped ham will furnish good sandwich filling. Let part of the bread be of some coarse variety. Plain rye bread is much appreciated; so also is potato salad.

## Early Vegetables

In June beet greens are plentiful in some localities; in other sections of the country we must wait for them till July. The sugar content of tiny beets gives this dish a rather higher nutritive value than that of most green vegetables. The greens may be eaten hot, or, molded in cups with sliced, hard-cooked egg, be eaten cold with salad dressing.

Summer squash vines are usually very productive; enough will be left to eat, prepared by the usual recipes, if some of the smaller ones, three or four inches in length, be cut in thin slices, seasoned with salt and pepper, egged-and-crumbed, or dipped in milk and flour and fried as egg-plant.

French turnips, small and white, cook quickly, and are good prepared in slices and buttered, mashed and buttered; creamed, or, after parboiling, also browned in the pan in which meat is roasting.

The asparagus season may be extended somewhat into June, when green peas will take the place of this well-liked vegetable. It is not advisable to buy peas for canning. More peas are probaply spoiled in home-canning than any other vegetable; and the work involved is more than in the case of most other vegetables. Peas do not take kindly to

the warming-over process as do most vegetables; the addition of a few grains of sugar will improve them, as will, also, a good white sauce, or a salad dressing; but, in general, it is best to cook no more peas, at one time, than will suffice for the meal.

Young carrots are plentiful in July, and are a most satisfactory vegetable. As usually planted, thinning the plants is necessary; these small carrots, pulled from the row, scraped and cut in halves, cook in a very few minutes. Set them over the fire with one or two tablespoonfuls of butter, a little salt and pepper and a teaspoonful of sugar; shake vigorously until the butter and seasonings are evenly taken up by the carrots, and you may rest assured that no pieces will remain in the dish, uneaten. Do not allow any of these weeded-out carrots, half an inch or more in diameter, to go to waste, but can all those not needed for the table. Blanch them in the usual manner, cooking about two minutes, then pack in sterilized jars. Set these in the canner with covers beside them, fill with boiling water and let cook till when tried with a fork the carrots are ready for the table. Adjust the rubbers, first dipped in boiling water; fill the jars to overflow with boiling water, put on the covers, and adjust one wire; let cook ten minutes, remove from fire, and fasten the last wire.

The mid ribs of Swiss Chard may be used in the same manner as asparagus; the green leaves, as spinach or other greens.

Parsley, sweet basil, summer savory and thyme are ready for use in July. The parsley will be small and it is well to have roots of this handsome biennial left over from the previous season for use in the early summer. Sweet basil, thyme and summer savory may be used green, but before they blossom, whatever leaves are to be set aside for winter use should be stripped from the stalks and dried in the warming oven. The leaves of second-year parsley should be treated in the same manner.

## Fruit

Strawberries, pineapples, apricots, cherries and blueberries are now obtainable in some one or other locality of the country. Strawberry jam or Sunshine strawberries are valuable assets in any store-room. To be really palatable, canned strawberries require a bountiful supply of sugar, and only choice fruit should be used. Fresh-picked berries, unsuitable for canning or eating from the stems, of which most gardens show quite a few, heated in a double boiler, strained through cheese cloth and the juice canned boiling hot in sterile jars, give material for an easily-and-quickly made strawberry sherbet, ice cream, bombe glacé or bowl of fruit punch.

As pineapple, for successful use in dessert dishes with milk, eggs or gelatine, must first be cooked, canned pineapple, rather than the fresh, might be used.

A cherry pie might be indulged in once or twice during the season. This pie is made with two crusts; to avoid leakage of juice let both crusts lie loosely on the plate; lift the first piece of paste from the plate after setting it in place, that it may contract a little; it will contract more in cooking, and it is better in trimming to let it come a scant quarter of an inch beyond the plate than just to the edge. Do not fill the paste with cherries until after the upper layer of paste is ready to set in place. One or two tablespoonfuls of flour, scattered over the cherries, will thicken the juice a little. Brush the edge of the lower paste with cold water, and press the edge of the upper paste upon it, but keep both lifted from the edge of the plate. Cherries are easily canned, and make almost as good a pie as does the fresh fruit. A pie made with fresh cherries requires nearly forty minutes of cooking.

Blueberries are one of the most wholesome of berries grown; ripened under fair conditions, cooking is not essential, but if the season be cold and rainy, or very dry, the toughness of the skins will make

their use in cooked dishes more desirable than would otherwise be the case.

To make pastry easily, make it in the early morning before an open window through which a gentle breeze is blowing. If preferred hot, reheat in the oven a few minutes before serving. Good pastry depends upon good flour, choice shortening and careful manipulation, but more than all else for a successful pie is proper baking. The temperature must neither be too high nor too low. Too slack an oven allows the fat to run from the paste before the combination is fixed by the heat. Too high heat burns the crust almost at once. Fat is one of the best means by which variety may be introduced into the daily food. Thus even in June and July do not dispense with all frying, sauces and pastry. Do not forget to have one blueberry and one cherry pie.

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# Katherine Helps Her Aunt Ellen

By Louise Bennett Weaver

"GOOD morning, Katherine, you are just in time to help me bake; how would you like that?"

"Oh, Auntie, May I?"

"Yes, put on that big blue apron, and get out that box of recipes in the top drawer. I always keep a number of blank cards in that box, and whenever I find a recipe I like, I cut it out and paste it on a card. Look under the card marked 'cakes,' and get 'Devil's Food.'"

"Oh, goody, that is such a good cake; here it is."

"All right, put it right up here on the shelf, so I can read it easily, and so that I won't get anything on it."

"Behind you, Katherine, get a piece of that waxed paper, that comes around the bread, cut two pieces exactly the size of the bottom of those square cake pans. Fit them nicely in the bottoms.

"Shall I butter the sides where the paper does not come?"

"No, indeed, for I want the cake to stick to the sides, and if they are buttered the cake will draw away, and not rise evenly."

"That is just the way mother's little drop cakes act when she bakes them in muffin pans."

"Tell your mother that I always dust my little pans with flour and then the cakes do not burn so easily, for you know how butter burns, and the cakes come out of the pans so nicely this other way."

"Please get that round-bottomed bowl, and the wooden spoon with slits in it."

"Why the wooden spoon, Auntie?"

"Because it has a round handle, which makes it easier on your hand to stir with. Break the eggs, and be very careful to get out all of the white, for often that is wasted by clinging to the shell and being thrown away."

"Why, Auntie, mother never throws away the egg shells, but saves them to clear the coffee."

"How do you know what 'clearing the coffee' means, dearie?"

"How simple, Auntie, don't you know that? When mother makes coffee she takes an egg shell, all broken up, mixes it with her coffee and a little cold water, then adds boiling water and lets it boil just three minutes, I think, and when it is done it looks so pretty and clear."

"Put the egg-whites in that other round-bottomed bowl, then put the yolks in that small bowl, for I am not going to use them until tomorrow. You must always have the egg-whites very cold to beat nicely, so put them back in the ice box until we are ready."

"Those egg-yolks won't be any good, if you keep them,—mother's never are."

"Just wait and see. Beat them up thoroughly with a fork, add a table-

spoonful of cold water, and cover them with that glass cover, now put them in the ice box, and tomorrow they will be as good as ever."

"What will you do with them tomorrow, Aunt Ellen?"

"Well, I can make some salad dressing, a custard, a yellow cake, or put them in a salmon loaf, but I shall have to wait until tomorrow comes.

"Did you mix the baking powder with the flour? I thought our book said not to add that, the baking powder, until the very last."

"You are surely an observing little girl, Katherine. I always mix and sift three times, a pinch of salt, the baking powder and the flour. In this way the baking powder is so much better distributed through the cake, and it will rise very much better. Remember always to sift the flour once before you measure it.

"Now, while I am adding these dry ingredients and the milk, to the butter and sugar, which has been creamed, you may beat the egg-whites.

"No, do not use the Dover egg-beater, —that is only for the yolks. When I want anything, as cream or egg-whites, to increase in bulk, I always use that spiral whip beater, with all of those little wire coils around the outside edge, they help to entangle air and that makes the eggs beat up much better."

"Shall I add a pinch of salt to these egg-whites?"

"Surely, always, for that 'freshens' them. Give me that vanilla, please."

"I didn't think that chocolate cake needed vanilla."

"Yes, but it does, —wait and see if this does not taste good. The vanilla brings out the other flavors. You beat your eggs, and I will beat this cake mixture. You know we do not beat the cake after the egg-whites are added, for they lose some of the air which has been beaten in them. All ready, begin. We both must use continuous, steady, vigorous strokes in beating."

"Auntie, did you forget to attend to the oven?"

"I attended to that, and even regulated it about three minutes ago. It is already now at the right temperature. I always start my cake in a moderate oven, at first, to give it a good chance to rise. After it has been baking for fifteen minutes, I increase the heat a little. Yes, your eggs are very stiff. See whether you can turn your bowl upside down, and the eggs will not start to fall out. Yes, those are all right, now let them stand a minute, while I finish beating."

"Oh, Auntie, you must not let the eggs stand!"

"Just for a minute, Katherine, then they will slip right out of the bowl into the cake batter, and you won't even have to take a knife to scrap off any from the inside of the bowl."

"I think that is a good idea, for you don't waste any, then."

"When did you add the chocolate?"

"Just before I put in all of the flour. Didn't you see me take some flour and put it into the cup to clean out all of the chocolate? You know some people waste so much chocolate by letting some of it stay on the dish in which it is melted. Now I will very carefully add the egg-whites. There it goes all carefully poured into the pans, and I will put the pans on the middle shelf of the oven.

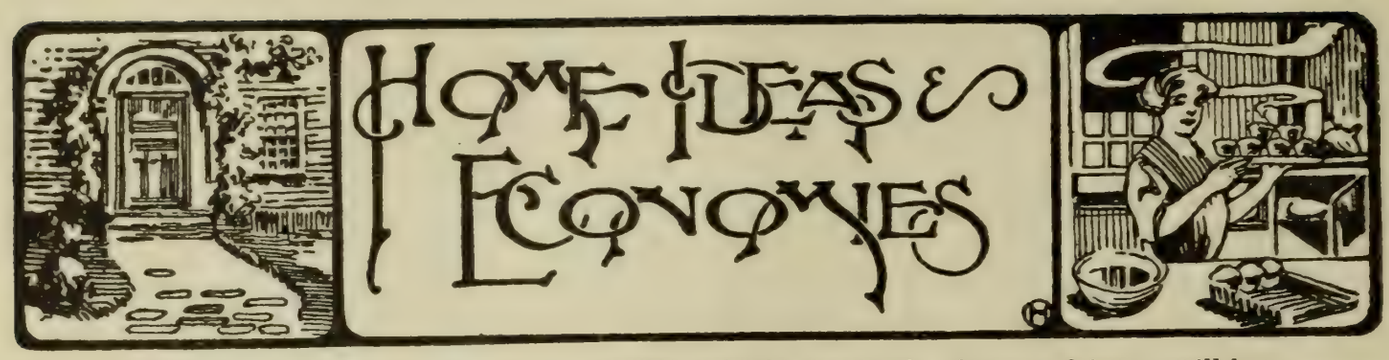
"While that is baking I will mix up the sugar, water and a pinch of cream of tartar for the icing."

"What does the cream of tartar do?"

"It keeps the icing from getting grainy. Yes, I mixed it all together, very well, and now I must not stir it one bit while it is on the fire boiling. When a hair forms, when some of it falls from a spoon, it will be ready to be poured very slowly upon the egg-whites, which must be very stiff. Then I will have to keep beating it, never stopping until it is cool, and then spread it on the cake."

"Aunt Ellen, mother's icing is some times still hot when she puts it on her cake."

*Concluded on page 62*




**Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.**

## Warm Weather Hints

WHEN warm weather comes, nearly every member of the family enjoys, besides the usual warm baths, a daily cool one — especially the athletic young son and daughter — and the towels sometimes become a laundry problem. A sensible way to save the housekeeper's time, energy or money, is for each member of the family, after his bath, to take his own turkish towel to the clothes line, pin it up, turn the hose briskly upon it, and leave it there to drip dry in the air and sunshine. No ironing is needed for the ordinary turkish towel, for "rough dry" it is ideal for creating the friction that aids circulation after a cold bath, and a towel hosed and aired by this method is clean and wholesome enough for several days, before it requires the usual hot water and soap tubbing. And it does save the housekeeper a great deal, besides giving each member of the family the satisfying feeling that his own comfort is not making extra work for others.

If furniture is to be repainted, either for the summer home or for a warm weather change in the year around home, dove gray is a good choice, for it does not show soil as quickly as white, is dainty and cool looking and harmonizes beautifully with all of the summery-looking cretonnes.

Every housekeeper owes it to herself to possess at least one very cool dress to wear on the most sweltering days of the season. White is always popular, because it is dainty, comes in thin weaves, and is so easy to wash, but for cool looks, pale green or blue, instead of rose or yellow are a very good choice for one little mid-summer house dress. A simple design, with a plain skirt, short sleeves and a frill trimmed fichu draped over the waist, will remain "in style" year after year, and donning such a frock really means a great deal in "cooling off" the family at the evening meal, when anything unsightly after the fatigue of work on a smothering day is the last straw.

A bare, polished table, so cool looking, with either a simple crash stringer or sanitas cloth mats, is ideal for hot weather meals, either indoors or out on the porch.

A Boston fern, the pot tied in frilled white crepe paper, is as good a decoration for the living-room or dining-room as could be chosen during torrid days.

Everything having its compensation, usually, the housekeeper should take advantage of the bright sunshine of mid-summer to air and sun such articles as will benefit by such exposure. A great many cooking utensils — especially tinware, will keep sweet longer for a frequent sunning. Linens, stored away, because especially prized, may be kept from mildew and other forms of rotting if aired on one bright day once a year. Anything that needs to dry quickly is best washed on a hot day, even if it must dry in the shade to prevent fading. Shampooing one's hair or switch is easily done when the air is dry and warm, because they dry so promptly.

To keep the kitchen cool, the housekeeper should use a fireless cooker when-

ever possible, and serve fruits for desserts.

To cool the house generally, especially where there are concrete walks and driveways close to the building, wetting once or twice daily will cool things off wonderfully, because concrete radiates so much heat and sprinkling helps cool it by the process of evaporation. N. D. D.

* * *

## "A Dutch Treat Outing"

DEAR MARGUERITE:

Hurrah for camp! Just listen while I tell you how Helene Moody says her family and friends have managed a "DUTCH TREAT OUTING" for several summers, with a maximum of fun and minimum of work and expense; and then play to join MY party and "try out" the Moody's plan.

Helene says they make up a "welcome" party to open camp, and then, as no one but Helene, her mother and brother can stay the whole season, they arrange to fill the recurring vacancies with other friends; always trying to have from seven to twelve in camp.

At first they rented a furnished cottage, for two dollars a day, and "dutch treat" fashion divided rent and all other expenses; and now, since they have bought the cottage, they manage the same way, and the rent money keeps the cottage in repair.

Their cottage is on an Adirondack lake, and easily accessible from the train by row boat or launch; and Helene says she is sure we can rent an adjoining cottage this summer. Doesn't that sound interesting?

Here is a sample outline to show how they divide expenses.

### Individual

| Date | People | Rent | Meals | Groc. | Sundries |
|---|---|---|---|---|---|
| July 1 | 7 | $.28 4-7 | 21 | .... | .... |
| " 2 | 8 | .25 | 24 | .... | .... |
| " 3 | 9 | .22 2-9 | 25 | .... | .... |
| " 4 | 10 | .20 | 29 | .... | .... |
| " 5 | 12 | .16 2-3 | 36 | .... | .... |

Allowing for stock on hand, suppose the grocery and incidentals sum up $20.25. Divide this by 135, and the price per meal is 15 cents (this is about what it costs the Moodys, gasoline and oil for the motor boat included).

Now suppose I have been in camp five days at 25 cents, and twenty days at 20 cents, and eaten seventy-five meals? My bill will be $16.20. Isn't that a clever and simple arrangement?

The work is easily disposed of. They choose helpers, and two act as housekeepers, two as cooks, two as dishwashers, and two as hostesses one day; the next, the housekeepers cook, the cooks wash dishes, the dishwashers act as hostesses, and so on; rotating the work so that each day's duties are different. Tom and his chum bring wood, water and run the motor boat.

"Many hands make light work," as the saying goes, and Helene says the work is play, just enough to keep one from getting lazy! I am sure this is true, for Helene tells of the loveliest times they have tramping, climbing mountains, fishing, playing games and attending parties.

They take a fireless cooker and alcohol stove, and buy groceries and home-cooked food at the little village around the bend of the lake.

The cooks start the dinner in the fireless, while the others are doing their work, and then they are free until dinner time for motor rides, reading, fishing or gumming.

I forgot to say they hire a strong woman once or twice a week to do the heavy work.

I can't write more, as I must write the other girls, but do please decide to go!

Lovingly,

Eileen. C. M.

* * *

## The Ship That Comes In!

RAIN gushed noisily through the gutters, flooded the drain pipes, and emptied in great gulping sounds, like a hungry man hurriedly swallowing hot coffee. Rain beat on the windows, tightly closed, like a naughty urchin,

playing tick-tack-too on a squeemishly moonless night. And Mother said the children could not go out to play! . . . And they *must* be quiet till Grandmother's nap was done. Grandmother hadn't been very well this week. . . . That is how the ships came to come in. A lot of ships all well loaded.

Mother whispered in Eda's ear. And Eda brightened. "My ship's come in," said Eda.

"What's it loaded with?" asked Mother.

"It's loaded with *A*," explained Eda. "And *A* is the first letter of the thing it is loaded with, like Apples; only it isn't apples," she warned. "It is something in this room. It has to be something in the room, that is one of the rules, and it is something you can *see* if your eyes are sharp," mischievously. 'It is something a ship can be loaded with, and it begins with *A*. Now guess. You can take turns, baby first, and keep on guessing, but if any one guesses out of his turn, he has to go stand in the corner and be the dunce; he's out of the game. But the one who guesses right becomes the Captain of the next Ship, and loads it again, and then we all try to guess again. And if there is a Dunce, he can come back into the new game, and see if he hasn't learned Wisdom. Now guess!" said Eda.

And the children all guessed, and it was with excited shout that Robert guessed *Ashes*, about the last guessable *A* in the room, and ASHES it was that loaded that strange ship, a queer cargo. So Eda turned over her Captain's papers to Robert, and Robert loaded his ship with *H*, and what do you suppose that was? . . . You may guess, all of you, for it was such a hard one, and everybody guessed and guessed and guessed, and made little inspection trips about the room looking for possible *H's*, till Mother said the Crew must be all Secret Service Agents, and then Grandmother got up, her nap all finished, and came in looking very fresh and rosy-cheeked, . . . and guessed it the first guess! . . . Every one shouted with glee, it was such fun, and Grandmother had to be Captain. But Grandmother said she wasn't going to have such a heavy load as Robert put on his ship, it would break her back getting it on, she was going to have something nice and light. So she loaded her ship with *F*. . . . Now what did Robert have on his ship? And what did Grandmother load on hers?

(*H* stands for Hardware, nails and hinges, and tack-hammers, and andirons. *F* stands for feathers, found in all the cushions.) I. R. F.

* * *

## Dandelion Wine

GATHER six quarts of fine flowers, and look over carefully and wash. Place in a large crock and add one gallon of cold water and let stand for three days and three nights.

Then pour the contents of the crock into the colander to drain. Return liquid to crock, and add four pounds of granulated sugar, one yeast cake, broken up, two lemons, cut up, and let the mixture stand three days and three nights, again.

Then strain the liquid and put into bottles. Do not fill the bottles full, but leave a space for the liquid to work. Tie a bit of cheese-cloth over the mouth of each bottle to keep out the flies.

We find this method superior. The dandelion wine is almost specific in breaking up a cold and it is convenient to put away a few bottles, just to use in an emergency. After the wine has ceased working, and cleared itself, all that is required is to provide each bottle with a good cork, well put in, and the bottles are ready to store away in the cellar.

## String Beans in March

Gather four quarts of string beans. Wash well and remove the strings. Place in a crock and add about two cups of table salt. The beans will form the brine.

Cover beans with a plate and put on a weight.

Beans may be added, from time to time, till the crock is full, and salt added, so as to keep to the proportions stated.

To freshen the beans, place as many as you require in a granite kettle, and fill up with water and set on the stove to get warm, even hot, and, after the first freshening, taste and if still too salt add more water and repeat the process. By heating the water the freshening is a short process.

When fresh enough add just enough water to cook tender, and when done add some good cream or generous lump of butter and season with pepper.

This method is superior to dehydration and is very little bother. The beans come out of the brine as firm and crisp as the day they were put down, and have a delicious flavor and, by the uninitiated, are considered canned string beans.

We did not open up ours this year till the first of March, because we were busy using the parsnips that had wintered out, but even yet the string beans come out in all their former color and crispiness. F. M. C.

* * *

## To Preserve the Heart of Watermelon

TO one pound of fruit take one-half pound of sugar and the fruit of one watermelon; add the rinds of six lemons, pared and cut into shreds, and a few blades of mace.

Boil the fruit until clear and then boil the syrup until it thickens. Ginger is sometimes preferred for flavoring instead of lemon.

(Make the blades of mace VERY few.)

* * *

## One Wage Example

HAVE you ever considered that the domestic servant, one of the most adequately paid groups of workers, is wholly without organization, or labor unions, for the purpose of "collective bargaining?" And her wages today, under the old and popularly discredited law of supply and demand, are astonishingly high. An inexperienced waitress gets $8 a week and her board and room. Cooks, $10 and $12, in similar circumstances. Considering all the home opportunities which usually attend this connection, here are wages that compare very favorably with the organized and unionized collective bargainers.

On the other side of the water this class of helpers still work for deplorably modest compensation. Here is a typical advertisement in a recent issue of the *London Times*, offering a general cook what amounts to $3 a week.

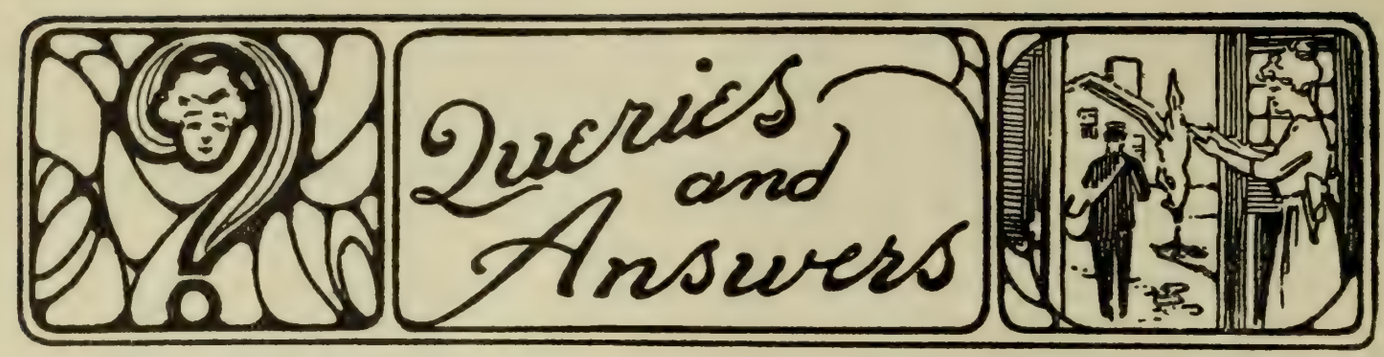
COOK–GENERAL wanted; comfortable home; housemaid kept; wages £30; three adults in family; must be respectable, experienced and clean; good references required. — Apply after 6 o'clock.

Not least of the features in this advertisement is the implication that the servant will stay in the place at least a year. The tenure seems to be as substantial there as it is fragile here.

* * *

## The Best Utility

IF I were asked to name what, in my opinion, is the most desired utility of modern life, I would not name the railroad, nor the telephone, nor the electric light, nor the automobile, essential as they are, but I would name running water in the house. This conduces more to cleanliness and health and comfort than any other improvement that modern civilization has brought us. It can be had, too, with little cost. There is not a farmer of moderate means who cannot, with economy, have running water and sewers in his home, and this would contribute more to the health and comfort of his family than any other improvement. The house fly and the mosquito are deadly enemies of our people. They can be guarded against with slight expense. With running water and screens, any home, however humble, can be clean and comfortable and healthy, and the people who live in it will be cleaner, more comfortable and more healthy. — *St. Louis Board of Health.*




THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. For menus, remit $1.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 4061. — "What is the best way to test the Heat of Fat for Frying doughnuts? Is it satisfactory to use Beef Suet with Lard for frying? If so, what should be the proportions of the two fats?"

## Best Way to Test Fat for Frying

Do not wait until the fat smokes; it is then too hot for frying. Drop a crumb of stale bread, or bit of doughnut dough into the fat; if the bread rises at once to the top of the fat, and colors while you count 40, or a bit of the dough, while you count 60, the fat is of the right temperature. We have not found a thermometer of much use in the frying of doughnuts; the temperature changes as new cakes are put in, and one had better learn to note the changes in the dough than to spend the time reading the thermometer. Turn the cakes as soon as they rise to the surface, and often thereafter, until done. Some will cook faster than others; remove, as done, and drain on soft paper.

## Is a Mixture of Lard and Beef Suet Satisfactory for Frying

One-third beef suet and two-thirds lard are considered by many cooks a most excellent medium for frying. The beef suet should be cut up in very small pieces, and set over the fire in cold water to cover. Let cook very slowly on an asbestos mat (a double boiler is good, but lengthens the time of cooking) till all the fat is extracted, then strain. If the fat is not to be used at once, it is well to return it to the fire to evaporate any water left in it, which would otherwise cause the fat to mold.

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QUERY No. 4062. — "We are looking for 'Ideas' to use in our Domestic Science Exhibition. Can you not add a few to what we already have? We are to call the afternoon 'A Food-Saving Exhibition.'"

## A Food-Saving Exhibition

### MILK

1. Show a quart of milk, half a loaf of bread and three-fourths a pound of lean beef. These are each equivalent in food value.

2. Two quarts and one-half of skim milk contains as much protein as a pound of round steak. Show these together.

3. Make each article taste so good that no one will leave one mouthful uneaten. Fish hash, scalloped potatoes, creamed onions.

4. Show milk ready to be scalded in a double boiler, by which flavor is saved, no milk wasted, and the dish easy to wash.

5. Dry all left over parsley and celery leaves on an agate or aluminum plate on the shelf over the range, and use to make cream of celery soup or to flavor other soups.

6. Cornmeal or other mush, cooled in a small dish, cut in slices and fried, may be eaten with syrup, as a *bonne bouch* at breakfast, or as an entrée with meat. Show some in the pan and some fried.

7. As cans of home canned foods are eaten, refill the cans with celery, squash, broth from fowl or lamb, or with a few

# why have a smoky kitchen?

The house is free from smoke and smell when you fry with Crisco—the wholesome, modern cooking fat. It is odorless, and does not smoke at frying heat. This means that you can fry doughnuts, fritters, or croquettes in the kitchen, without sending a cloud of greasy smoke through the house, to settle in curtains and draperies, and announce your menu in the parlor.

Butter smokes at 329 degrees; lard at 400; Crisco, because it is a pure *vegetable* fat, does not smoke until it is heated to 455 degrees, much hotter than is needed either for deep or shallow frying. There are no black specks of burned grease on Crisco-fried foods.

*You need no other cooking fat when you have Crisco. It makes tenderer, flakier pie-crust and biscuits than you have ever tasted. Add salt, and it gives cake the real butter taste at half of butter cost. Put it on your grocery list now.*




Crisco comes in this air-tight, dirt-proof package. Get it at your grocer's. One pound, net weight, or more.




**Send 10 cents for this 25 cent book:** "The Whys of Cooking". Tells why Crisco makes foods more delicious and digestible. Tells how to set the table and serve meals. Gives over 150 appetizing recipes, with many colored illustrations. Written by Janet McKenzie Hill, founder of the Boston Cooking School and Editor of "American Cookery." Address Dept. A-6, The Procter & Gamble Company, Cincinnati, Ohio.

PROCTER & GAMBLE PRODUCTS · EST. 1837 ·

figs or dates, left over; both in the same can are admissible.

8. A good example of food-saving would be a pile of potatoes, neatly scrubbed for baking, and a dish of potatoes pared thin with eyes carefully removed, ready for boiling.

9. Plan to show some of the "Suggestions to Shorten Hours in the Kitchen," given in February, 1919.

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QUERY No. 4063. — "In several cook books recipes are given for bread made with Baking Powder, with the statement that such bread was suitable for dyspeptics and by those of weak digestion. Please state if this is a fact and if so the reason for it."

## Comparative Digestibility of Baking Powder and Yeast Bread

We recall nothing in print on the comparative digestibility of these two varieties of bread. When fresh-baked, baking powder bread is more easily masticated and reduced to a pulp than is yeast bread of firmer texture. We will be pleased to have subscribers send for publication any authentic statements on this subject that comes to their notice in their reading.

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QUERY No. 4064. — "How may Cockroaches be Exterminated from newly built hospitals and other buildings?"

## Exterminating Cockroaches

Avoid leaving any garbage standing about longer than an hour; keep food covered; keep all corners and crevices dry; never leave any crumbs in any part of the room. Blow insect powder into all the cracks from which the vermin come; brush up powder and insects and burn; repeat the process several times, then spread powdered borax about the cracks and crevices. A strong solution of carbolic acid — two tablespoonfuls to a pint of water — may be used in the same manner as the insect powder.

QUERY No. 4065. — "Recipe for Rice Border in mould, center to be filled with Creamed Chicken, etc."

## Rice Border for Creamed Dishes

An illustration of rice shaped in a tin border mould, the center filled with creamed lamb, may be seen in "Seasonable Recipes" for this month. Chicken is particularly good served in this way. The rice may be cooked with simply salt and water or chicken broth; or with cubes of beef in the center, strained tomato may be used; onion, parsley or celery may be cooked either with the rice or in the sauce for the meat.

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QUERY No. 4066. — "Recipe for the original 'Thousand Island Salad Dressing.'"

## Thousand Island Salad Dressing

1 cup mayonnaise
½ cup olive oil
1 tablespoonful tarragon vinegar
¼ teaspoonful paprika
1 tablespoonful chopped chives
1 tablespoonful chopped pimientos
1 tablespoonful chopped green pepper
1 cooked egg-yolk, sifted
1 tablespoonful walnut catsup
1-3 cup chili sauce

Mix all together. This recipe, and one published on another page of this same issue, or in the May number of the magazine, were both sent to us as the original recipe for "Thousand Island Salad Dressing." The principal difference in the two recipes is that one has mayonnaise and the other French dressing as the foundation.

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QUERY No. 4067. — "Recipes or ways for serving Bombay Duck."

## Bombay Duck

Bombay duck or ducks come in tins; they are a variety of fish put up in Bombay; the price is forty cents a can. The fish is used in the preparation of appetisers, or hors d'oeuvres. Bombay Ducks are imported by Crosse and Blackwell of London, England. Tins may be purchased of dealers in fancy groceries in Boston, New York and other large cities.

# RYZON and Food Education

Interest in careful preparation of food grows more widespread every year. Schools, magazines and newspapers are teaching the importance of modern methods in the kitchen.

And so when a new baking powder was introduced there were thousands of progressive housewives and domestic science teachers to welcome RYZON, the Perfect Baking Powder.

Their tests convinced them of its scientific, economical and dependable qualities — a baking powder that insured successful results — and they found their own high standards of food preparation embodied in the new RYZON Baking Book. Their endorsement has been a big factor in spreading the doctrine of better food preparations.




*Ryzon is 40c a pound. The new Ryzon Baking Book (original price $1.00), containing 250 practical recipes, many of conservation value and others easily adapted to present day needs, will be mailed, postpaid, upon receipt of 30c in stamps or coin, except in Canada. A pound tin of Ryzon and a copy of the Ryzon Baking Book will be sent free, postpaid, to any domestic science teacher who writes us on school stationery, giving official position.*

**GENERAL CHEMICAL CO.**
**FOOD DEPARTMENT**
**NEW YORK**

*We must all do our best to make the change from War Work to Peace Work as easy as possible. Co-operation is the Big Thing needed now.*

*U. S. DEPT. OF LABOR*
*Wm. B. Wilson, Secretary*

## Bombay Duck as an Appetiser

Drain the fish on a soft cloth, wiping meanwhile to remove any superfluous oil. Cut into thin slices and set into one of the compartments of the hors d'oeuvre dish. In another compartment set olives, in another pulled bread, and if there be another, in that radishes may be given a place. Garnish the various compartments with sprigs of parsley and cress.

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Query No. 4068. — "Recipe for Cocoanut Cakes made like those at Bailey's in Boston."

## Cocoanut Cakes

(Miss Bradley)

We do not know that these cakes are the same as sold at Bailey's; we have no way of getting that recipe. These are good cocoanut cakes. Grate fresh cocoanut to make two cups. This will take about two cups. To this fresh cocoanut add two tablespoonfuls of corn syrup, seven tablespoonfuls of sugar, and cook in the top of a double boiler until the mixture clings to the spoon. Add whites of egg, and cook until mixture feels sticky, when tried between the fingers. Spread in a wet pan, cover with a wet paper and let cool; then chill by setting pan on ice in the refrigerator. Shape into balls, first dipping the hands in cold water. For ten cakes use one and one-half tablespoonfuls of mixture for each. Heat a tin sheet slightly and rub over with white wax, paraffin or olive oil. Set the balls on the sheet and bake in a slow oven about twenty minutes.

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Query No. 4069. — "Is soup usually served at formal luncheons?"

## Soup at Formal Luncheons

A clear soup, some variety of consommé, is usually served as the first course at a formal luncheon. When it is desirable to lengthen the number of courses, hors d'oeuvre are sometimes served before the soup.

Query No. 4070. — "Should the Dessert plate be removed before or after the Coffee is served?"

## Service of Coffee

Preferably the dessert plate should be removed before the coffee is brought in; much depends on number of waitresses and time at disposal of the diners. When convenient, it is quite enjoyable to serve the coffee in the library or living room.

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Query No. 4071. — "Should Salad be served on individual plates, or should each guest help himself from a large plate?"

## Service of Salad

The salad should be served on individual plates, chilled, but if desired it may be brought in on a large plate from which it may be transferred to the individual plate. A green salad should never be served on the plate with hot food, as it becomes wilted and is thus indigestible.

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Query No. 4072. — "Should Bread and Butter Plates be used on the table for luncheon and dinner?"

## Use of Bread and Butter Plates

Bread and butter plates are used for breakfast and luncheon; if butter be used at dinner, it is set in place on a small butter pat.

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Query No. 4073. — "Should Coffee be served with the luncheon or after it?"

## Service of Coffee

At a formal luncheon coffee is served in small cups after the meal; at a more formal affair the coffee would be served in a larger cup, and at the beginning of the meal.

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In a pamphlet issued by the Irish commissioners of national education the announcement appeared: "The women teachers are being instructed in plain cooking. They have had, in fact, to go through the process of cooking themselves."

Morrell's
"Since 1827"



# "Iowa's Pride" Breakfast Bacon

## With the Famous Yorkshire Flavor

Keenly appreciative of fine-flavored meats were the hearty Yorkshire squires—and the famous Yorkshire flavor is a legacy in which every American home may share.

Alluring recipes for breakfast dishes—originated by Mrs. Ida C. Bailey Allen, America's foremost culinary expert—yours for the asking. Just send your name and address and your dealer's.

### Beauregard Eggs With Bacon

2 four-inch slices "Iowa's Pride" bacon to person.

1 piece of toast to person.

1 egg to person. White Sauce.

Hard-boil the eggs. Remove yolks. Chop whites in ⅜ inch cubes. Mix with white sauce. Fry bacon. Place 2 strips on each slice of toast. Cover bacon and toast with white sauce mixture. Press yolk through sieve over all.

JOHN MORRELL & CO.
OTTUMWA, IOWA

### Breakfast Ideas

*"Iowa's Pride" Ham*
*Morrell's Roast Beef Hash*
*"Iowa's Pride" Dried Beef*
*"Yorkshire Farm" Orange Marmalade*
*"Yorkshire Farm" Butter*
*Morrell's Corned Beef Hash*

40

# The Silver Lining

## A Conundrum!

I strolled along the country lane
To study nature — but in vain,
For there preceded me two girls,
With hair in saucy, clinging curls,
Restrained by automobile caps,
With bright red veils and jaunty flaps,
And wearing khaki suits of rose,
With hiking boots and striped hose!
"Bon jour, Bon jour!" at last I gasped,
And then with nervousness I clasped
My nature book — as turned around
The luring comrades I had found —
For lo! they were the Grandma-ma's
Of Violet and Hazel Maas!
With "Au revoir" I hastened by,
Nor paused to hear their curt reply!
But soon I caught my breath in glee,
For seated 'neath a chestnut tree
Sat Violet and Hazel Maas,
Awaiting their perk Grandma-ma's;
All gowned in suits of sober gray,
Discussing topics of the day —
How germs might lurk in devious places,
The "RIGHTS OF WOMEN," "WAR" and
races,
In such a clever, knowing way,
I bowed and left them in dismay.

— *Carolyn Sumner.*






## It Was His Own

Slater was absorbed in the evening news when his young son's crying disturbed him. "What is that child crying for now?" he demanded irascibly.

"He wants his own way," said Mrs. Slater.

"Well," argued Slater absent-mindedly, as his eye fell on a particularly interesting item, "if it's his, why don't you let him have it?"

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The sexton of a suburban church has many stories to tell of the comments made by visitors. On the occasion of a festival, when the church was beautifully decorated with evergreens and flowers, an old lady walked up to the chancel and stood sniffing the air after every one had left the church. "Don't it smell solemn?" she said at last to the sexton, as she turned away with evident reluctance. "I don't just know as I ever realized just what the 'odor of sanctity' meant before today." — *The Continent.*

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One night at a theatre some scenery took fire and a perceptible odor alarmed the spectators. A panic seemed imminent, when an actor appeared on the stage. "Ladies and gentlemen," he said, "compose yourselves. There is no danger." The audience did not seem reassured. "Ladies and gentlemen," continued the comedian, rising to the necessity of the occasion, "do you think if there was any danger I'd be here?" The panic collapsed. — *Syracuse Post-Standard.*

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An officer just returned from France is telling this story: "Where," he asked of a negro soldier of one of the New York draft regiments, "did you come from?" "From N'Yawk, suh. From de San Ju-an Hill district." "San Juan Hill, eh! That's rather a tough section of the city, isn't it?" "Tough! Man, dat district's so tough dat de canary birds sing bass." — *New York Evening Post.*




# Add Another Joy to June

Strawberries are vastly better with Puffed Rice scattered on them.

These grains are so thin, so flimsy, so flavory that they just fit in with fruit. And they add what crust adds to a shortcake — a delicious blend.

The ideal summer supper is Puffed Wheat in a bowl of milk.

These grains are toasted whole-wheat bubbles, crisp and flaky, eight times normal size. Every food cell is exploded, so they easily digest.

Crisp and douse with melted butter for hungry children in the afternoon.

Teach girls to use Puffed Rice or Corn Puffs in home candy making. They make candy lighter and give a nut-like taste.

## Whole Grains Steam Exploded

Puffed Wheat and Puffed Rice are whole-grain foods, of which children get too little.

Over 100 million steam explosions are caused in every kernel. Thus every granule of the whole grain is fitted to digest.

Serve them abundantly.

In summer time keep all three kinds on hand.

**Puffed Rice  Puffed Wheat  Corn Puffs**

**All Bubble Grains. Each 15c Except in Far West**

## The Quaker Oats Company

**Sole Makers**

## Back to Nature

"Why is it, Sam, that one never hears of a darky committing suicide?" inquired the Northerner.

"Well, you see, it's disaway, boss: When a white pusson has any trouble he sets down an' gits to studyin' 'bout it an' a-worryin'. Then firs' thing you know he's done killed hisse'f. But when a nigger sets down to think about his troubles, why, he jes' nacherly goes to sleep!" — *Life.*

---

"Man is the only animal that uses tobacco," said the prohibitionist who had joined the Anti-tobacco League. "Yes," replied the Rounder. "And he is also the only animal that is always minding other people's business."

— *Knoxville Journal and Tribune.*

---

A man called at the address where a donkey had been advertised for sale. The door was opened by a small boy. The caller said, "I have come to inquire about the donkey." Whereupon the boy went to the foot of the stairs and called out, "Father, you're wanted."

---

"I put in the French phrases here and there," said the would-be author, "to give the book an atmosphere of culture." "That's all right," said the publisher, "but it would have helped still more if you'd put in a little good English here and there." — *Boston Transcript.*

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At every social affair there is usually a man who is said to be "the life of the party." And how I do dislike that man.

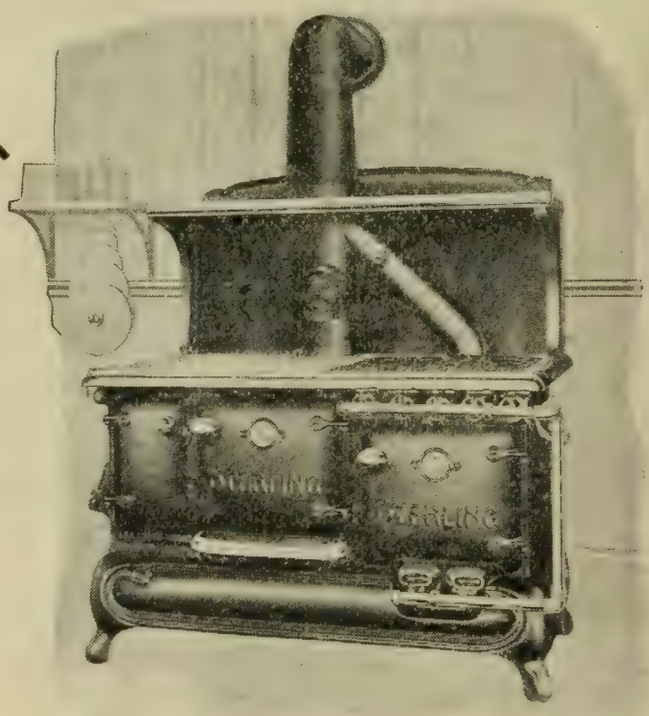
— *E. W. Howe's Monthly.*

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"It is mighty hard to please her." "Oh, it's easy enough if you can make her decide what she wants." — *Life.*


"Double" Sterling

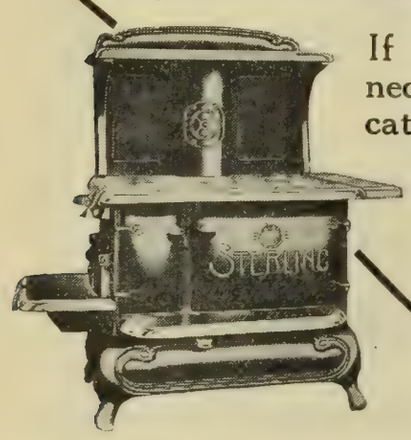
*The 40 Feature Range*



40 features which make it more economical, easier and much more convenient for you to use.

Complete Coal Range and Complete Gas Range all in one and just 49 inches wide. The finest product of a firm with 70 years' experience and the reputation of building most successful ranges.

**Send for our handsome catalog describing this remarkable range in detail.**




If you haven't gas connection send for the free catalog of the

**Sterling Range**

The range that bakes a barrel of flour with a single hod of coal.

**Sill Stove Works, Rochester, N. Y.**

STERLING QUALITY PRODUCTS
RANGES AND FURNACES FOR YOUR HOME


JELL-O
"Now Guess"
"Oh, mother knows what I like and what all the kids like, so I know it's
JELL-O
For party occasions for children and grown-ups, nothing is so good as Jell-O.
THE GENESEE PURE FOOD COMPANY
Le Roy, N. Y.

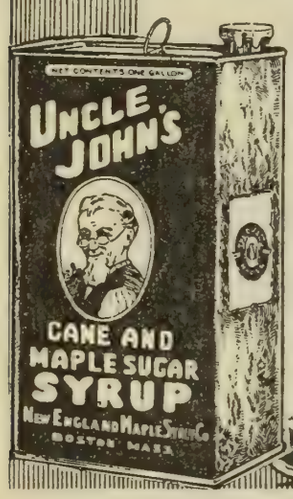
# UNCLE JOHN'S SYRUP

**MAKES TASTY CAKES AND COOKIES**



Crisp, thin-rolled maple snaps, maple sponge cake, maple raisin cake, etc., are easily made with this pure cane and maple syrup. Many of your favorite recipes will be improved by the addition of Uncle John's Syrup.

**It's as Necessary on the Table as the Sugar and the Cream**




You'll like it on hot biscuits, brown bread, steamed bread and waffles. Fine on ice cream and grape fruit. Order a can today.

Put up in 4 convenient sizes.

**New England Maple Syrup Co.**

BOSTON, MASS.








**Fleischmann's Yeast**

**As a Medicine**

Compressed yeast is being prescribed and used with splendid results in cases of boils, carbuncles, pimples and similar skin afflictions.

It is also a gentle but efficient laxative.

"The Healing Power of Compressed Yeast," is the title of a little booklet that will tell you all about it.

*Free on request.*

**The Fleischmann Company**

**701 Washington St., New York City**


## Katherine Helps Aunt Ellen

*Concluded from page 47*

"Well, Katherine, if it is hot when put on the cake, it usually gets very hard and cracks in a little while on the cake."

"Yes, that is just what it does on ours."

"Tell your mother to add some cold water, if the icing gets thick, when still hot, that will really make it even lighter and fluffiier any way. If it ever fails to get thick even after it is cool, tell her to add some powdered sugar.

"Come back, Katherine, in an hour, and I will cut the cake and give you some!"

"You can't cut it when it is hot, can you? Won't it stick all over the knife?"

"No, it won't, for I always moisten the knife with water whenever I cut very fresh cake, and it works splendidly."

"Well, Auntie, I surely will come back, and thanks ever so much for letting me help you. Good-bye."

"Good-bye, dear; thank you. Next time maybe we can make a lemon pie."

L. B. W.

---

Miss Blank, who wished to become a candidate for the position of teacher in the public schools, went up for examination recently. She was called upon to read a passage from "Macbeth" which closes with the words which Macbeth speaks to Lady Macbeth, "Prithee, come with me." "And what," asked the examiner, "do you understand 'prithee' to mean?" "I understand it to be a corruption of 'pray thee,'" replied the would-be teacher, surprised at so trivial a question. "I am glad," said the examiner. "The lady who came just before you assured me that it was the Christian name of Macbeth's wife." — *Judge.*

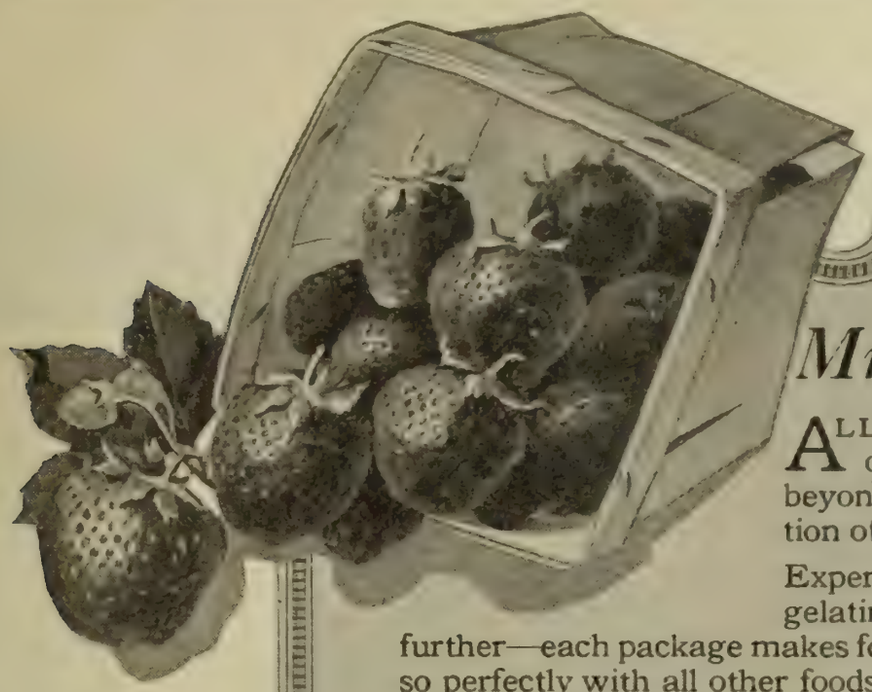

# TANGLEFOOT



**The Non-Poisonous Fly Destroyer**

**The United States Public Health Service advises: "Arsenical Fly-Destroying devices must be rated as extremely dangerous, and should never be used."**





# *Mrs. Knox says:*

ALL berries and fruits, fresh or "put up" are improved beyond your dreams by the addition of Knox Sparkling Gelatine.

Experts call Knox the "4-to-1" gelatine because it goes so much further—each package makes four pints of jelly and blends so perfectly with all other foods. Here, for instance, is an easily made dessert with strawberries.

**KNOX**
SPARKLING
**GELATINE**

***Strawberry Cream Recipe***

1 level tablespoonful Knox Sparkling Gelatine.
¼ cupful of cold water.
1 tablespoonful lemon juice.
A cupful of fresh strawberry juice and pulp.
½ cupful sugar.
3 egg whites.

Soften gelatine in cold water; heat over hot water, until dissolved. Strain, add to strawberry and lemon juice. Slowly stir in sugar; set bowl containing mixture in cold water; beat until gelatine begins to set. Carefully fold in stiffly beaten egg whites. Turn into a wet mold and chill. Garnish with strawberries and strawberry or mint leaves. Any fresh or "put up" fruit may be used in place of the strawberries.

This recipe makes one pint mold or six individual servings and uses only ¼ of a package of Knox Sparkling Gelatine.

**Strawberry Salad** can be made with this recipe by omitting the egg whites and using only ¼ cupful of sugar, ½ teaspoonful of salt and one cupful of halved strawberries. Turn out on lettuce leaves, garnish with whole berries and serve with boiled or mayonnaise dressing.

Knox Knowledge Books—"Dainty Desserts" and "Food Economy" are full of easily made desserts and salads; also household hints. They are free if you give your grocer's name and address.

KNOX GELATINE
*Mrs. Charles B. Knox*
107 Knox Avenue Johnstown, N. Y.



*Plain for general use—easily prepared*







*Including pure lemon flavor for quick use*

# The Truth About

Ordinary **rubbers** → won't stand long boiling. They soften, swell and "blow out" and fail to seal the jar.

← **GOOD LUCK** rings of live **rubber** have actually stood continuous boiling for a whole day without the slightest sign of "blowing out."




# GOOD LUCK

## RED JAR RINGS

*The Standard Rubber at the Standard Price*

## 15 CENTS A DOZEN

**BOSTON WOVEN HOSE & RUBBER CO. 27 Hampshire Street, Cambridge, Mass.**

*The Largest and Oldest Manufacturers of Jar Rubbers in the World*

# Jar Rubbers!

## WHY RELIABLE RUBBERS SAVE LOSS IN CANNING



Old fashioned preserving known as the "hot pack" method

### The Old Fashioned Open Kettle Method

In the early days of canning in glass jars the old-fashioned "open-kettle" method was used exclusively with the fruit packed thoroughly cooked and boiling hot into jars. The ring served only as a cushion to prevent the passage of air between the top and shoulder of the jar. There was no strain on the rubber, no pressure.

Then, as now, we were the largest jar ring makers in the world. Home canning was increasing principally because people wanted to can fresh vegetables as well as fruits, but only the most skillful were successful. Better methods of sterilization and sealing were needed. We could do little to reform methods but we could provide a ring strong and elastic enough to make a perfect seal.



Composition rubbers swell and "blow out" during long boiling

So, eleven years ago we produced the Good Luck red rubber and offered it to the housewives of America. For several years it was not widely appreciated. It was higher in quality and therefore higher in price than most people were willing to pay. It was considered better than necessary but gradually housewives found that this ring could be trusted and the circle of Good Luck users widened from year to year. They found it paid to buy a reliable rubber.

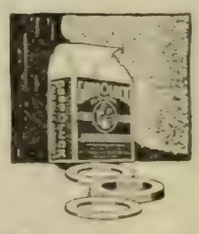


GOOD LUCK rubbers are elastic and spring back readily

### Modern Methods Require Live Elastic Rubbers

Then came "cold pack" canning. The new gospel spread rapidly. In homes where the amount of canning was large or for community work, steam pressure canning was introduced to save time, BUT ORDINARY RUBBERS WOULD NOT DO:—they "blew out." The long boiling in the water bath and the high temperature of the steam pressure softened the rings, made them swell and "bulge." This meant broken seals and necessitated re-sterilizing, with loss of time and fuel.

Demonstrators and teachers found the answer to their problem in Good Luck jar rubbers, already widely distributed and known to progressive housewives. Then the real growth of Good Luck began. Today the Good Luck jar rubber is the largest selling brand in the world. Millions of packages are used annually to conserve the country's food supply, fruits, vegetables, meats and jams—whatever is plentiful at one season and scarce at another. Home canning has become practically universal since danger of spoilage has disappeared. The Good Luck Rubber is recommended wherever canning demonstrations are given, because it is known by name as the one reliable ring for hot pack, cold pack or steam pressure canning.



Over one hundred million GOOD LUCK rubbers were used during 1918.

### Don't Pay too Little—Don't Pay too Much

With modern canning methods established, the rubber ring question becomes of utmost importance. As is always the case, the market is flooded with competitive rubbers—some cheaper and some more expensive. Home canning is done in the interest of economy. Good Luck rubbers cost 15c a dozen, about 1¼ cents to insure the safety of each jar of food. To pay less is to take an unnecessary risk. To pay more is to incur an unnecessary expenditure. Good Luck Rubbers are thick, strong and pure elastic, with plenty of live rubber in them—a standard rubber at a standard price, tried and tested for any method of canning.

**GOOD LUCK RUBBERS** are sold throughout the country by grocers, hardware dealers, department and general stores, and are furnished as standard equipment with Atlas E. Z. Seal jars. Buy your supply of Good Luck Rings early this year. If you cannot find them in your locality send 15c for sample dozen, and a 3c stamp for our new booklet on cold pack canning containing many new and delicious recipes.

**OSTON WOVEN HOSE & RUBBER CO. 27 Hampshire Street, Cambridge, Mass.**

*The Largest and Oldest Manufacturers of Jar Rubbers in the World*



**I Am Making a Low Factory Price On 10,000 Cookers** My Rapid roasts, bakes, fries, steams or stews. Saves you work—saves you steps—saves you standing over hot cook stove. Try my

WM. CAMPBELL Original Fireless Cooker Man



**Rapid**

**Aluminum Lined Fireless Cooker**

30 days on my personal money back guaranty. Take a vote of the entire family. If they don't say they never had better cooked meals—if you don't say you did it with far less work, send cooker right back and I will return every cent.

***Send for Free Book***

Write postal TODAY.

The Wm. Campbell Co.
Dept. 73 Detroit, Mich.

**During the summer months you will want moulds for Gelatine, Custards and Puddings.**



Buy a Wagner Cast Aluminum Mould. They last a lifetime and never get out of shape like stamped ware. The designs are like the imported block tin moulds used so extensively in England and France and are no more expensive than a good tin mould.

If your dealer does not handle them write to us for catalogue.

WAGNER MFG. CO., Sidney, Ohio

*Make Your Own*

# TOOTH PASTE

## AT 50 CENTS A QUART

An expert chemist has perfected a formula for making an exceptionally high grade tooth paste. The remarkable thing about this paste is that it can be made by anyone in a few minutes, no boiling being required.

The ingredients are substances which you have in your home at all times.

Contains no pumice or other injurious substance, such as many pastes contain.

*Send for this recipe at once. Simply enclose a dime and your name and address.*

PLEASE DO NOT SEND STAMPS

**ALFRED SCHNEIDER, Chemist**

**2531 Arlington Ave. Davenport, Iowa**


## "Keeping Everlastingly at it Brings Success"

NOBODY can be successful in any endeavor without perseverance. Whatever other attributes for success the aspirant has, failure is inevitable, unless accompanied by perseverance. Happily this quality is readily acquired. If you want a thing hard enough to bend every effort toward getting it, and keep on wanting and working, you'll get it. Many men fail because they don't hang on long enough. Just as the door of success begins to open they grow discouraged and throw up the sponge.

Perseverance means sticking to a thing till you accomplish your aim. Perseverance must be practiced continuously. Almost anybody can persevere for a month, or year, or when there are indications that things are coming his way, but it takes the heroic soul, who earns, and eventually acquires success, to keep on struggling in the face of one discouragement and setback after another. It is the man who won't be convinced that things can't be done who actually does them. While every one is saying: "Oh, that never can be done; anybody knows that's impossible;" the persevering man becomes more dogged, and asserts: "I'm going to do it if it takes till doomsday." It usually doesn't take as long as that, though sometimes it takes a lifetime.

Perseverance alone will not assure success, however, unless intelligently directed. You can do nothing contrary to natural law, no matter how persevering you are. You couldn't induce an ant to spin a web if you tried forever, because the laws of Nature are unalterable. But if your ambitions are in harmony with natural law, you may be certain that intelligent perseverance will bring you your heart's desire. A. J. S.

---

It only takes a few minutes to find in others the faults we can't discover in ourselves in a lifetime. — *Boston Transcript.*

# A Famous Recipe—
## *"No-Egg" Mayonnaise Dressing*
## Made With Carnation Milk

WITH every woman who has tried the Carnation Milk recipe for "No-Egg" mayonnaise dressing, it is more than popular. Until this recipe is tried, you cannot realize how excellently Carnation Milk blends into a really delicious dressing. The uniform *quality* and undoubted purity of Carnation have much to do with this.

### *Carnation No-Egg Mayonnaise Dressing*

2 tablespoons Carnation Milk; ½ teaspoonful salt; ⅛ teaspoon paprika; ½ cup olive oil; 1 tablespoon vinegar or lemon juice. Put salt and paprika in bowl; add Carnation Milk and mix thoroughly; add oil slowly, stirring constantly. Then add vinegar or lemon juice. (If too thick, thin with more Carnation Milk.)

The many advantages of Carnation as the household milk supply are only appreciated when it is given a thorough test. Try it exclusively for several days, using it not only in all your cooking, but (undiluted) as you would cream in coffee and with cereals. You will then realize its economy, convenience and value.

Carnation is only cows' milk—sweet, clean and pure—evaporated to the consistency of cream, hermetically sealed, and sterilized to maintain its purity and wholesomeness. For cooking or drinking, reduce its richness by adding pure water.




### Our Interesting Recipe Booklet and Special Folder Free

Every reader of this magazine is especially and cordially invited to write us for a copy of "The Story of Carnation Milk," which contains a hundred choice, tested recipes. We will mail a copy without charge on request.

We also have a special folder on "how to whip Carnation Milk," which we will send to Domestic Science instructors for distribution among their classes. Address: Carnation Milk Products Co., 463 Consumers Bldg., Chicago.

*Guaranteed by*
Carnation Milk Products Company
Seattle Chicago Aylmer, Ont.
*Condenseries located in the better dairying sections throughout the United States and Canada.*

**Remember—Your Grocer Has Carnation**

"I guess that's about done"

521

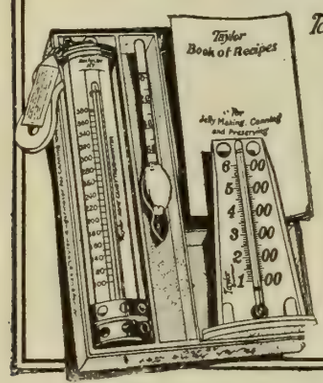
These two words don't belong. Not in your kitchen any more than in the expert chef's. Not now. Today the newest housewife can always tell the minute baking is perfectly done *without even looking at it.*

You know your oven has the right heat by looking at your Taylor Oven Thermometer. One of the

**Taylor HOME SET**

This set makes all the difference between "guess" and "know." The sugar meter, for example, shows in figures when canning syrups are just right.

Three Taylor Recipe Books free with set. *No chance to make a mistake in these recipes!*




*Taylor Instrument Companies*
Rochester, N. Y.

Oven Thermometer, **$1.75**
Candy Thermometer **1.50**
Sugar Meter **1.00**
The three for **$4.25**

Prices in Canada and Far West proportionately higher. If dealer can't or won't supply you, send $4.25 direct to us with dealer's name and it will be sent you prepaid.



**Cream Whipping Made Easy and Inexpensive**

**CREMO-VESCO**

**Whips Thin Cream or Half Heavy Cream and Milk or Top of the Milk Bottle**

It whips up as easily as heavy cream and retains its stiffness

Every caterer and housekeeper wants CREMO-VESCO.

Send for a bottle today.

Housekeeper's size, 1½oz., .30 prepaid
Caterer's size, 16oz., $1.00 "
(With full directions.)

**CREMO-VESCO COMPANY**
**631 EAST 23rd ST., BROOKLYN, N. Y.**


## ALMOST AN ACT OF TREASON

CONCERNING the teaching of foreign languages in public schools, Mrs. Guernsey, well-known educator, said:

"It has been demonstrated that one of the greatest barriers to patriotism is a foreign language. This war has taught us that the supreme mistake in all of our educational methods has been right here. The use of a foreign language in our public schools has been almost an act of treason. We might as well have been teaching Sanskrit as German, and far better, for Sanskrit would not have kept American youth from growing American souls. We might as well try to grow roses in the Arctics as to develop an American consciousness while speaking a foreign language.

"The American people are strangely affected by clothes and food. What kind of an American consciousness can you grow in the atmosphere of sauerkraut and limburger cheese? Or what can you expect of the Americanism of the man whose breath always reeks of garlic?"

To make every dweller in this country "the proud possessor of an American soul," Mrs. Guernsey said, she would send Minnesota Scandinavians to the South, scatter thousands of Wisconsin Germans through New England, and compel hundreds of thousands of Jews in New York to seek homes in the far West. This, she declared, was "because American neighbors were needed by every one of foreign birth or ancestry."

---

Since Noah taught Shem, Ham and Japheth, was there ever a time when the schools did not need "reorganizing?"


**SALAD SECRETS**

100 recipes. Brief but complete. **15c** by mail. 100 Meatless recipes **15c.** 50 Sandwich recipes **15c.** All three **30c.**

**B. R. BRIGGS, 250 Madison St., Brooklyn, N. Y.**

**SEVEN-CENT MEALS** $1.50 per week per person: 42 meals with recipes and directions for preparing each. This 48 pp. Bulletin sent for 10c or *free* for names of four friends interested in Domestic Science.

**Am. School Home Economics, 503 W. 69th St., Chicago**



# Tart Green Salad Loaves

## Made with Lime-Fruit Jiffy-Jell

One summer use for Jiffy-Jell is in tart, zestful salads.

Lime-fruit flavor — which is lime-juice essence — makes an ideal salad jell. Some serve it with the salad, some mix the salad in before the jell is cool.

Cooked or uncooked vegetables are made in this way into zestful salad loaves.

### Also Meats



*Lime Flavor For Salad Jell*

Meat scraps mixed in Lime Jiffy-Jell make an appetizing loaf — meat in aspic.

The salad loaf at top is made in our aluminum mold, Style D. It serves a full package of Lime Jiffy-Jell with vegetables or meat mixed in. The six indentations mark the six individual servings.

We send this mold free to anyone who will mail us end labels from five Jiffy-Jell packages —the labels which state the flavor.

### Mint Jell

Mint Jiffy-Jell makes a garnish jell, rich in fresh-mint flavor. It is better than mint sauce to serve with cold meats or roast lamb.



*Mint For Garnish Jell*

### Flavors In Glass

All Jiffy-Jell flavors come in liquid form, in glass — a bottle in each package.

That's the only way to get the real-fruit flavor in desserts.

The fruit flavors are fruit-juice essences condensed. Each flavor is rich and abundant, and made from the fruit itself.

Once compare Jiffy-Jell with the old-type desserts and you will always get it.

# Jiffy-Jell

**For Desserts and Salads**

**Ten Flavors in Glass Vials**

***A Bottle in Each Package***

| | | |
|---|---|---|
| Strawberry | Cherry | Loganberry |
| Pineapple | Lemon | Raspberry |
| Orange | Coffee | Lime—Mint |

*Two Packages for 25c*

**Waukesha Pure Food Company, Waukesha, Wis.**

465

**SERVICE TABLE WAGON**



Large Broad Wide Table Top — Removable Glass Service Tray — Double Drawer — Double Handles — Large Deep Undershelves — "Scientifically Silent" Rubber Tired Swivel Wheels.

A high grade piece of furniture surpassing anything yet attempted for GENERAL UTILITY, ease of action, and absolute noiselessness. WRITE NOW FOR A DESCRIPTIVE PAMPHLET AND DEALER'S NAME.

IT SERVES YOUR HOME AND SAVES YOUR TIME. THAT IS PRACTICAL ECONOMY

COMBINATION PRODUCTS CO.
5041 Cunard Bldg. Chicago, Ill.

**Domestic Science**
**Home-study Courses**

Food, health, housekeeping, clothing, children

*For Homemakers and Mothers; professional courses for Teachers, Dietitians, Institution Managers, Demonstrators, Nurses, "Graduate Housekeepers," Caterers, etc.*

"THE PROFESSION OF HOME-MAKING." 100 page handbook, *free*. BULLETINS: "Free-hand Cooking," "Food Values," "Seven-Cent Meals," "Family Finance."—*10 cents each.*

**American School of Home Economics**
**(Charted in 1915) 503 W. 69th St., Chicago, Ill.**

**MORTON'S SALT**
*When it Rains* IT POURS
MORTON SALT COMPANY
**80 E. Jackson Boulevard, Chicago, Illinois**

**Delicious Whipped Cream**
can be easily made from ordinary Table Cream by adding a few drops of
**Farrand's Cream Whip**

*Send us 30c for full ounce bottle if your grocer does not carry it.*

Liberal samples free to instructors in Domestic Science.
**THE CREAM WHIP CO.**
**Cleveland, Ohio**

USED DAILY IN A MILLION HOMES
**Colburn's** Red Label **Spices**
The A. Colburn Co., Philadelphia, U.S.A.

## Catering for Entertainments

(FROM THE CATERER, LONDON)

The following quantities may be taken as approximately correct:

Six teaspoonfuls of tea are equal to one ounce, which is sufficient for four persons — one pound for sixty people.

One and a half teaspoonfuls of coffee (ground) are equal to one ounce, two ounces for three people, one pound for about twenty-five people.

Fourteen small cups of iced coffee go to a quart.

One pound of sugar suffices for forty-five people; one small teaspoonful of loose sugar is the equivalent of one lump.

About one-fourth pound of fruit salad, and one-half pint or two small tumblers or cup of lemonade should be calculated per head.

Allow three slices of bread and butter for three people, and sandwiches should be estimated on the same scale. Large cakes, one slice to every two people; small ones, three for two people.

One quart of ices (welcome refreshment at a dance) will be enough for twenty small helpings if unmoulded; if moulded only for half that number.

About one-fourth pound of fish (uncooked) and one-third pint of soup will allow adequate helpings for one guest; while one chicken, boned and made into a galantine, will make twelve helpings, but if roast or boiled, not counting the legs, this is only for four or six people.

Eight to ten helpings of sweets or savory can be obtained from a quart mould.

It may be useful to give a menu of a dinner, which in pre-war times could be supplied for a hundred people at, say, 18d. per head, and to calculate what it would cost in these days of food shortage, high prices, and restriction.

MENU

Potage de Quele de Bœuf

| | |
|---|---|
| Eperians Frits | Filet de Turbot au Gratin |
| Salmi de Gibier | Filet de Bœuf Braisé |
| Pommes Anna | Purée d'Epinards |
| Poule Róti | Salade |
| Soufflé à la Vanilla | Gelé au Citron |
| Fromage | Dessert Café |

# The UNSEEN SERVANT



## Behind *the* Perfect Meal

is the perfect refrigerator. This silent, but important center of kitchen activity makes or mars the food set on your table. Both hostess and meal are sure to be at their best when the kitchen boasts a

**HERRICK**
**DRY AIR SYSTEM**
**REFRIGERATOR**

The Herrick serves perfectly because of its scientific construction and twenty-seven prize-winning features.

But it not only serves — it SAVES. Herrick insulation and airtight construction mean ice economy. Its smooth lining and easily removable drainage system save cleaning trouble, while its perfect preserving powers prevent waste.

### Help For Home Builders

If building, you will be interested in our free blue print service furnished in connection with the Herrick Outside Icing Refrigerator. See panel for special conveniences. Dealer's name and booklet B6 furnished on request.

*Approved by Good Housekeeping Institute and New York Tribune Institute*

**THE HERRICK REFRIGERATOR CO.**
**206 RIVER STREET, WATERLOO, IOWA**

HERRICK — *"The Perfect Servant"*



**Extra Conveniences Outside Icing**

Herrick Outside Icing Refrigerator eliminates:

The need of ice in cold weather.

The interruptions of the iceman.

The annoyance of tracked-up floors.

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Installation plans furnished free to home builders.

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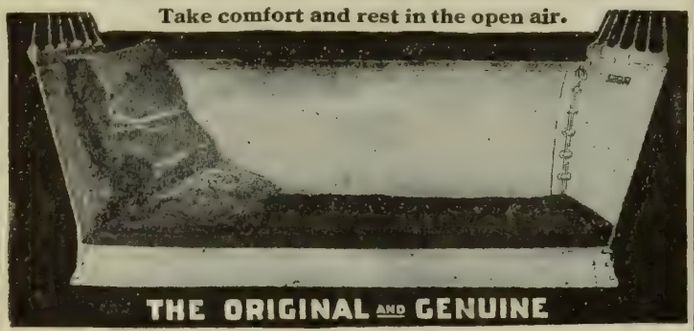
**Mechanical Icing**

can also be installed on any Herrick Model where desired.

# ROWE'S GLOUCESTER HAMMOCK

Direct from factory to home
Charges prepaid in the U. S.

Take comfort and rest in the open air.




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"That's just what the matter is," pathetically answered Willie, "I am moren'n full!" — *Chicago Journal.*

---

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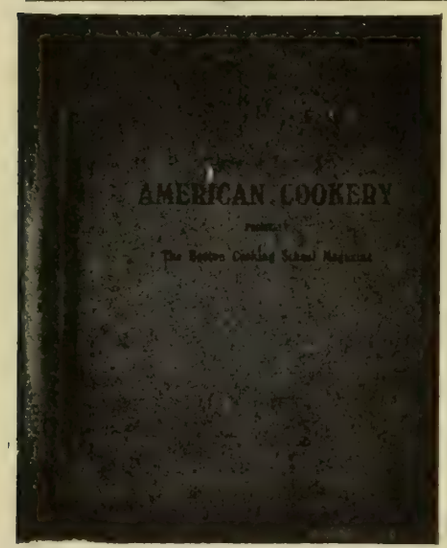
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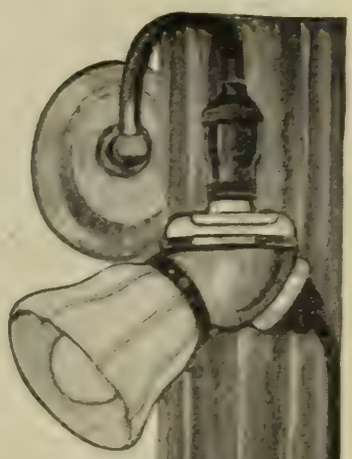
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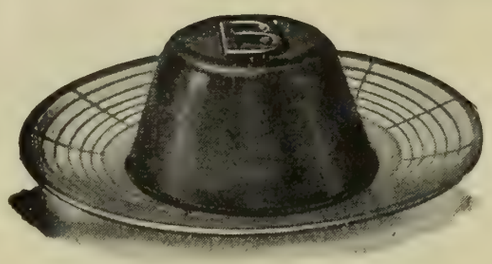
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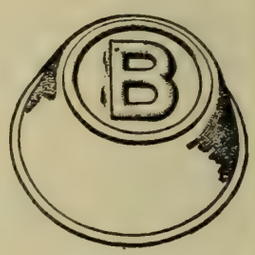
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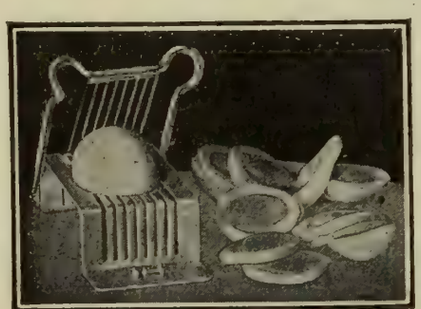
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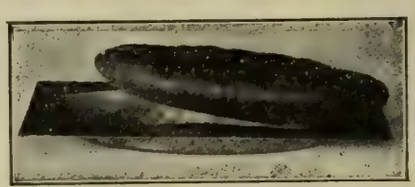
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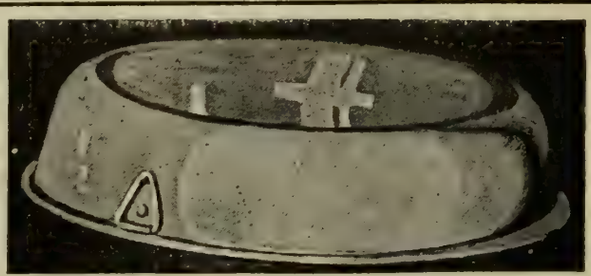
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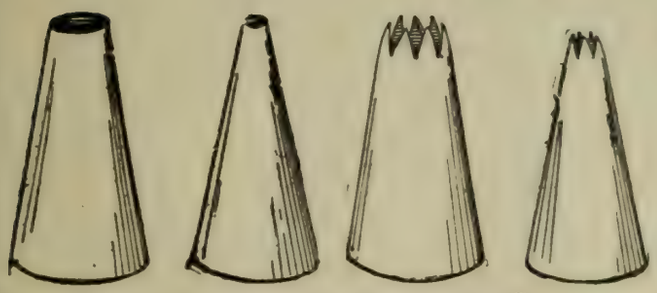
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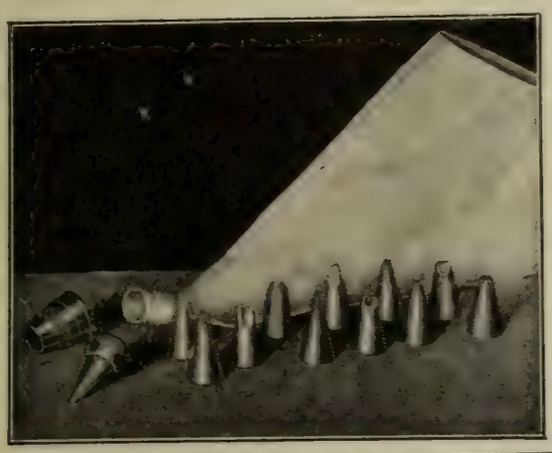


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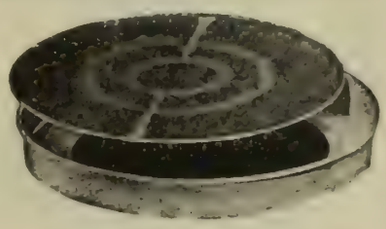
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# AMERICAN COOKERY

**Vol. XXIV AUGUST—SEPTEMBER, 1919 No. 2**

## CONTENTS FOR AUGUST—SEPTEMBER


| | | PAGE |
|---|---|---|
| HOME LIFE IN PIONEER DAYS. Ill. | Jane Vose | 91 |
| THE ARTISTIC ARRANGEMENT OF FLOWERS IN THE HOME. Ill. | Alice Urquhart Fewell | 95 |
| DOUGLAS' MAID SELECTION | Ladd Plumley | 97 |
| A MODERN SAGA | Ellen M. Ramsay | 101 |
| SAVING STRENGTH IN THE HOME | Mary S. O'Rourke | 102 |
| AUNT ANNA'S COMPANY CAKE | Ruth Fargo | 105 |
| OH COME AWAY | Caroline L. Sumner | 107 |
| TRAVELING COMPANIONS | May Belle Brooks | 108 |
| A THEORY | Arthur Wallace Peach | 109 |
| EDITORIALS | | 110 |
| SEASONABLE AND TESTED RECIPES (Illustrated with half-tone engravings of prepared dishes) | Janet M. Hill and Wealtha A. Wilson | 113 |
| MENUS FOR ONE WEEK IN AUGUST | Wealtha A. Wilson | 121 |
| MENUS FOR INSTITUTIONAL COOKING | Janet M. Hill | 122 |
| MENUS FOR WEEK IN SEPTEMBER | Wealtha A. Wilson | 123 |
| FOOD NOTES FOR AUGUST–SEPTEMBER | Janet M. Hill | 124 |
| RECONSTRUCTED GRAPE JELLY | Wealtha A. Wilson | 125 |
| PESTS MADE PROFITABLE | Ida R. Fargo | 127 |
| HOME IDEAS AND ECONOMIES: — A Raisin for Every Day — If You Do Your Own Tinting — Goggles When Peeling Onions — Currant Jelly — Save Your Cake Crumbs — Get Your Money's Worth, etc. | | 129 |
| QUERIES AND ANSWERS | | 133 |
| THE SILVER LINING | | 138 |
| MISCELLANEOUS | | 146 |




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# INDEX FOR AUGUST—SEPTEMBER


| | PAGE |
|---|---|
| Artistic Arrangement of Flowers in the Home, The | 95 |
| Aunt Anna's Company Cake | 105 |
| Douglas' Maid Selection | 97 |
| Editorials | 110 |
| Food Notes for August-September | 124 |
| Home Ideas and Economies | 129 |
| Home Life in Pioneer Days | 91 |
| Menus | 121-123 |
| Miscellaneous | 146 |
| Modern Saga, A | 101 |
| Oh Come Away | 107 |
| Pests Made Profitable | 127 |
| Reconstructed Grape Jelly | 125 |
| Saving Strength in the Home | 102 |
| Silver Lining, The | 138 |
| Theory, A | 109 |
| Traveling Companions | 108 |


## SEASONABLE-AND-TESTED RECIPES


| | | | |
|---|---|---|---|
| Apples Stuffed with Nuts and Raisins. Ill. | 116 | Fruit, Half-Jellied | 117 |
| Cake, Dainty White | 118 | Lemonade | 120 |
| Cake, Hot Water Sponge | 119 | Pancakes | 116 |
| Cheese Ramequins | 117 | Pastry for Meat Pies | 113 |
| Coffee, Iced, with Orange | 120 | Pepper, Spiced | 116 |
| Corn, Stewed Green, with Peppers | 114 | Pie, Beefsteak and Kidney. Ill. | 113 |
| Dainties, Tea | 119 | Pie, Salmon | 118 |
| Dessert, One-Two-Three. Ill. | 119 | Punch, Mint 120 | 120 |
| Dressing for Pershing Salad | 115 | Punch, Tea | 120 |
| Dressing for Potato Salad | 114 | Salad, Pershing. Ill. | 115 |
| Drinks, Hot Weather. Ill. | 120 | Salad, Potato, Summer Style | 114 |
| Dumplings, Baked Apple. Ill. | 115 | Salt, Spiced | 117 |
| Egg Plant, Scalloped | 114 | Sherbet, Orange | 129 |
| Eggs Au Gratin | 117 | Tarts, Peach. Ill. | 118 |
| Eggs, Stuffed, for Buffet Supper or Picnic | 117 | Tomato, Paring a, without Scalding | 116 |
| Eggs, Swiss Style. Ill. | 117 | Vegetable Marrow, Sautéd | 114 |


## QUERIES AND ANSWERS


| | | | |
|---|---|---|---|
| Chowder, Canned Vegetable | 136 | Pudding, Chocolate with Bread | 133 |
| Dressing, Cooked Salad | 136 | Pudding, Devil's Food Chocolate | 133 |
| Pickles, Sour Cucumber | 134 | Salad, Molded Cream Cheese | 136 |
| Pickles, Sweet Cucumber | 134 | Sauce, Drawn Butter Pudding | 134 |
| Pie, Lower Crust in Lemon | 133 | Sauce for Chocolate Pudding | 133 |
| Pie Crust, Recipe for Tender | 134 | Sauce, Whipped Cream Substitute | 134 |



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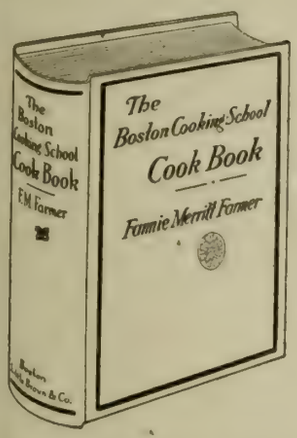
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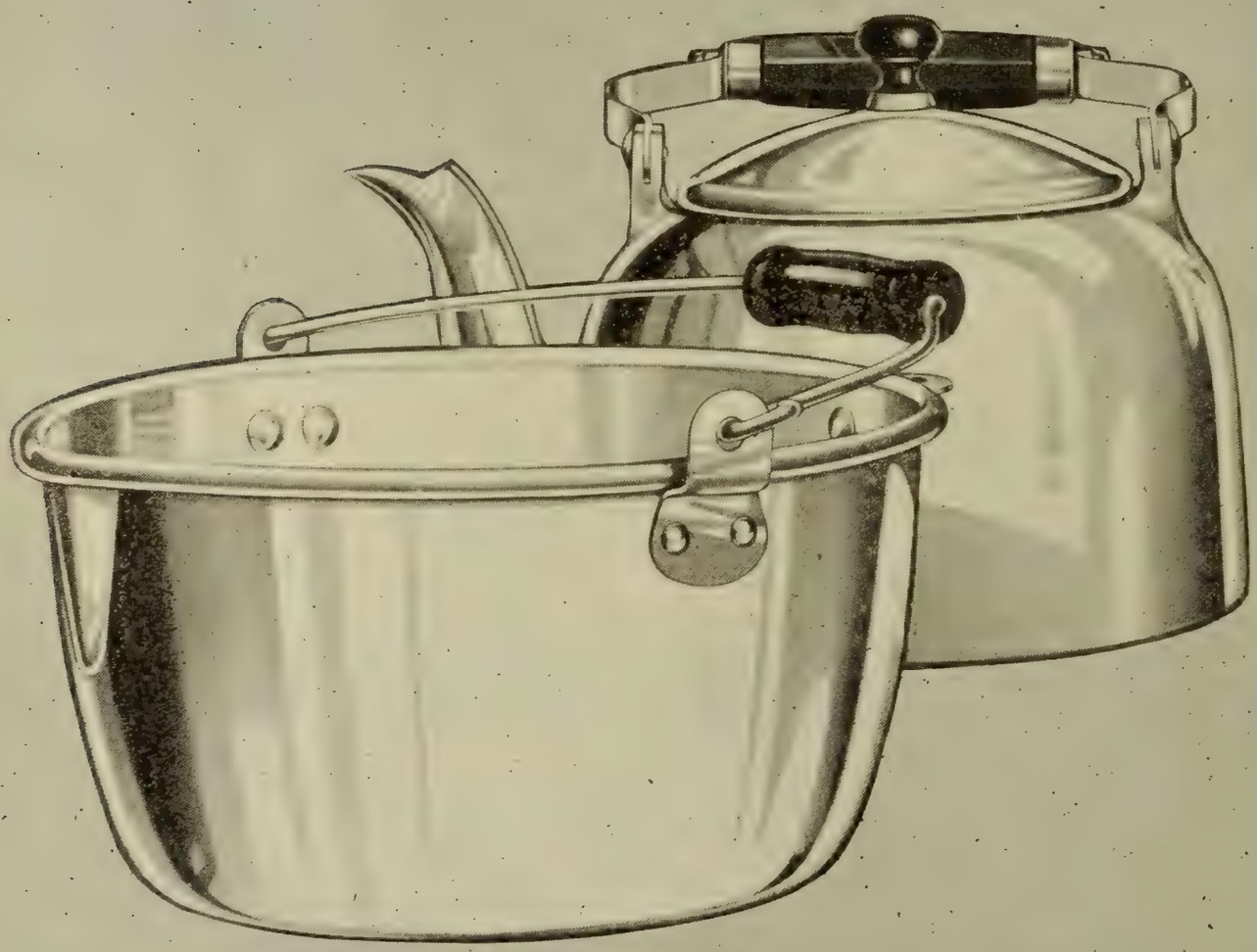
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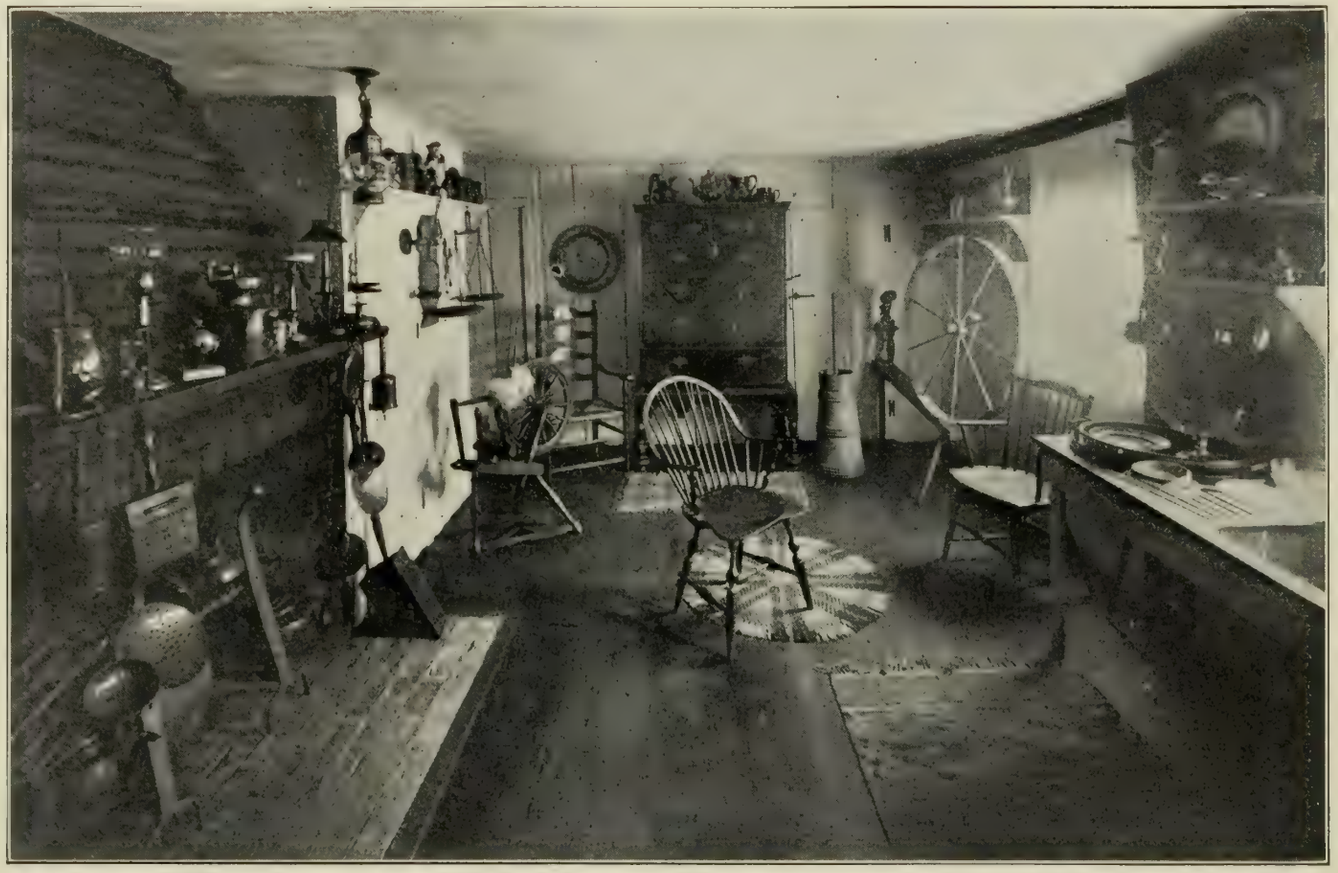
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INTERIOR OF "HOME, SWEET HOME," WHERE THE FAMOUS SONG WAS WRITTEN

# American Cookery

VOL. XXIV AUGUST—SEPTEMBER No. 2

## Home Life in Pioneer Days

By Jane Vos

THERE is a great divergence between our present day extravagant tendencies and the simple tastes of our ancestors. How widely separated we are from their modes of life and thought we do not realize, until, perchance, we visit an old-time house around which clings the atmosphere of by-gone days.

Even the old log cabins of the pioneers, those landmarks which are few and scattered in these days of progress, have a certain quaint charm about them that is in refreshing contrast to the modern style of architecture, with all its elaborate details and color-schemes for painting.

Fortunately, through the efforts of Historical Landmarks Societies and private individuals, who realize the importance of preserving these relics of olden times, there are some interesting museums throughout the country, which are not listed as state or national institutions. In some parts of the country, also, the primitive life is still lived, as in the middle West and South, for instance, where to this day one sees the same old well-sweeps, mills, fireplaces and relics as were in use a century ago. The daily life, too, is much the same, especially in the Alleghany Mountains. A description of one cabin will suffice for all.

One can fancy the building of a cabin in the early days, when the sturdy pioneer hewed his own beams for his simple wilderness home, from which splendid sons were to go forth to take their places in the world. The tallest and strongest trees were none too good to be sacrificed for this primitive house, which was rudely built on the principle of a rail fence, and when all the chinks were filled in with a mud plaster, and a picturesque chimney added, the cabin was ready for occupancy.

As one pushes open the wooden-hinged door of the cabin, which is decorated with a stretched coon-skin, as it doubtless was, frequently, in by-gone days, the wheels of time seem to turn backward. There stands the old clock, towering to the roof of the cabin, ticking off the minutes and striking the hours just as it has done for the past two centuries, and it still keeps perfect time. This old time-piece was formerly owned by a man who kept a village store, where customers had to ring a dinner bell to call him to his dust covered counters and antiquated shelves.



"HOME, SWEET HOME," EXTERIOR

To be sure, the winters were long, and there were not the luxuries of our modern houses; but there was a huge fireplace, acres of fuel near at hand and strong willing hands to keep a cheerful fire burning on the hearth where the cricket chirped as merrily as if there was no such thing as winter.

There were many odd contrivances for keeping warm in the winter time, and examples of these are to be seen in the old log cabin. There are foot stoves, which were carried in the hand to church and other places. Then there is the old-fashioned copper bed-warmer, which was a great comfort in the days of auld lang syne, and which was filled with hot coals and passed back and forth between the sheets or blankets to warm the bed.

One can imagine the good cheer and companionship of those who sat around the great stone fireplace in the evening and watched the blue and red flames dance up the huge chimney, while the snow drifted without and the wind whistled around the corners of the little cabin. What cared they for the wind and snow, when they had one another, and the comforts of a fire, which many an apartment dweller might covet.

The family life, in pioneer times, must have been very pleasant, for no house was too poor to shelter several lads and lassies, and, thrown upon their own resources for companionship, as they were, they became better acquainted with one another, and father and mother always shared the good times. The little people were quite as eager to hear tales of when father and mother were children as our own youngsters are today, and when candles burned low the family gathered close about the fireplace, while stories of the long ago were repeated.

This form of entertainment was varied, and always afforded pleasure to the participants. Sometimes it was father who told of his boyhood home in the far East, where he and mother went to school together, when they were little children.



AN OLD-TIME FIREPLACE AND KITCHEN



IN COLONIAL OR PIONEER DAYS

Often it was a tale of prowess when father went hunting, and had a combat with some wild creature whom he conquered speedily. Or, perhaps, grandmother sat at her spinning wheel and told the wee tots wonderful stories, which she manufactured even as she related them, for grandmother's mind was an imaginative one, and her tongue as ready to spin stories as her distaff was to spin the flax. Meantime, some of the youngsters cracked the nuts they had gathered in the autumn, while others shelled yellow ears of corn, which afterwards filled the great iron pot over the coals with white flaky kernels that fairly melted in the mouth. Sometimes little Rufus or Elizabeth would become impatient, because the corn popped so slowly, then grandmother would divert their minds by suggesting that they dance up and down in front of the fireplace and sing their popcorn song.

"Pop! Pop! Pop! the kettle now is hot,
Oh, Popcorn man, please hurry up and
pop! pop! pop!"

Meantime grandmother sat before her wheel with busy fingers and with a twinkle in her merry eyes that proclaimed her seventy-five years young. And when the corn would commence to pop she would say, "There, children, you see the popcorn man heard you, and you will soon have a kettle full of corn." And, of course, they believed in the incantation, bless their dear childish hearts, which were filled with many superstitions.

There was always a wooden cradle in the house in those days, and while mother was busy knitting warm mittens and stockings for father and the children, she never forgot to give the cradle an occasional touch with her foot to keep up the gentle swaying motion, so loved by his Babyship. Such modern inventions as mechanical cradles, where a button is pressed and electricity does the rest, like those which are built in the walls of the

houses of the wealthy, would have been scoffed at by the pioneer mother. Her tender heart would naturally have resented any such interference with her maternal rights, and she would have felt that she had missed something vital in her experience of motherhood, could she not have kept the cradle rocking by her own pedal extremities.

The large room which served as a living-room and kitchen was the center of the family life. At one end were the "best things," — the writing table, with its quill pen and dish of sand to be sifted over the writing, in lieu of a blotter. Here, too, was the ladder which led to the attic, and a steep climb it must have been. At the other end of the room was the fireplace, and it was here that all the simple meals were prepared, and the kettle of water was always kept boiling on the great iron crane. The old fireplace is reminiscent of the sports of the hunter, and many a wild duck or turkey, stuffed with a dressing of beechnuts, was sacrificed over the glowing coals for the family reunion at Thanksgiving or Christmas time. Even the set of toasting forks beside the fireplace brings back a vision of a rosy-cheeked woman preparing the simple breakfast in the early morning light.

Apples were as much of a luxury in the early days as pomegranates are to us now, but in due time the pioneer farmer had his orchard and his garden, and long rows of dried apples offered decorative possibilities, stretched, as they were, from beam to beam, drying for pies and puddings. Popcorn, too, hung from the ceiling by the dry husks, handy for the popper, when such a treat was desired.

The Lares and Penates of the pioneer housewife were not so numerous as are those of our twentieth century civilization. Home-spun, linen tablecloths, towels, sheets and blankets, and patchwork quilts, in every-day use, comprised her stock of household supplies. No

*Concluded on page 142*



MANY AN OLD DINING-ROOM COULD BE MADE ATTRACTIVE LIKE THIS

# The Artistic Arrangement of Flowers in the Home

By Alice Urquhart Fewell

STUDY Mother Nature, for in her keeping lies the secret of the successful arrangement of flowers. Before we can arrange flowers artistically and attractively in the home, we must first study them as they grow in the garden. Color-schemes, grouping, and general relationship between flowers and foliage must all be studied directly from nature, if we are to produce a natural and artistic effect when the flowers are gathered and brought in the house.

The selection of a suitable vase or bowl is of prime importance, in arranging flowers. Flowers that belong to a class of low-growing plants should be arranged in low bowls, while those of the long-stem variety require a tall, slender vase. Many flowers that grow in groups, as some of the spring lilies, iris, etc., are most attractive when arranged in a low dish with the stems supported by a flower holder. These flower-holders may be bought in various shapes and patterns. We have the round glass holders, perforated with holes to support the stem of the flower, and others come in bronze and different metals, and are fashioned to represent ducks, fish, frogs, etc. These metal holders look especially attractive in the water, and they may be purchased at any store carrying Japanese or Oriental things. A very natural arrangement of flowers can be produced by means of these holders, and by the use of the wire frame. The wire frames come in different sizes ready to fit any vase or bowl. The frame holds the flowers in place, and is of very practical value when a large group of flowers are to be arranged in one vase. The wire mesh keeps each stem apart, and prevents a heavy massed appearance.

Flowers must always be cut, never broken or pulled from the stem, and they should be placed in water as soon as possible after they are gathered. Dahlias and other flowers that wilt quickly may have their stems dipped into boiling water for a few minutes before they are arranged in the vase. This seals the stem, and the flowers will keep fresh longer after they are cut. Nearly all flowers will keep longer if a little piece



SPRING FLOWERS IN LOW GLASS BOWL



JAPANESE ARRANGEMENT OF FLOWERS

is cut from the stem each day, and the water changed frequently.

Figure 1 shows an arrangement of spring lilies grouped in a cut-glass bowl and supported by a glass flower-holder. This makes an especially attractive centerpiece for a spring luncheon. The flowers and leaves are grouped as they grow in the garden, and a very natural result is obtained. The leaves and flowers are cut into different lengths, as they are found in nature. Whenever possible use the foliage which belongs to a particular flower, and not that of another variety of plant, although ferns may be arranged with almost any flower to good advantage.

Figure II illustrates the Japanese arrangement of flowers. Only a few well-chosen flowers are grouped together in a low dish. In Japan one sees frequently only a single flower or branch in a vase, and a Japanese housewife may spend half an hour in the arrangement of a single branch. The correct placing of the flower is the secret of the Japanese arrangement. The iris in this illustration are placed in two groups, as they would grow in the garden, and a bud, together with a few leaves, is included in each group. Whenever possible, buds should be arranged with the full-blown flowers,



GROWING FERNS TRANSFORMED BY FLOWERS



FRUIT BLOSSOMS IN MOIST SAND

since we naturally find them growing in this way.

Figure III gives the possibilities of transforming a pot of growing ferns into an attractive centerpiece for the table by the addition of a few flowers. In winter, when flowers are scarce, this arrangement will be appreciated, for a few flowers, which might otherwise be lost in a vase by themselves, may be used to brighten up the fern dish on the dining-room table. If the earth in which the flowers are placed is kept moist, they will keep fresh as long as they would in water. To prevent breaking the stems of the flowers a small hole should first be made in the earth with a pair of scissors, or a knitting needle.

The arrangement of flowers in a basket is illustrated in figure IV. These early spring fruit blossoms are grouped in a basket filled with wet sand, and an effect is produced which would be impossible in a vase filled with water. Baskets of various shapes and kinds may be used in this way. The baskets must be rather closely woven, and those with tall handles give an especially artistic result. The basket should first be lined with several thicknesses of heavy paper, or one may have an inexpensive zinc lining made to fit the basket. The sand should be put in while moist, and the flowers arranged in it will keep fresh, if a little water is

poured on each day. Sand is especially good for the arrangement of heavy flowers and branches, which would overbalance an ordinary vase filled with water.

The color-scheme is important in arranging flowers. As a rule it is well to keep to one color, and put only flowers of the same variety together. White flowers may be mixed with colors with pleasing results, and two shades of the same color often go well together. Green of some kind, preferably the foliage of the flower itself, should be included in every arrangement. A study of nature will reveal more about the arrangement of flowers than a whole book written on the subject.

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# Douglas' Maid Selection

## By Ladd Plumley

WHILE on a visit in Albany Mrs. Laurie selected a new maid, whom her son agreed to meet at the Grand Central Station. After he met the maid he intended to spend the afternoon at golf.

For fear of the dangers of stations, and for fear that Douglas, who is very forgetful, would not identify the maid, instructions were sent by Mrs. Laurie to pin a white ribbon on her person. Ancient device, but frequently resorted to.

The train was a half-hour late, leaving but a few minutes for Douglas to catch his outgoing train to the golf club. Passengers were endless; infinite luggage, infinite confusion, infinite faces. Douglas danced back and forth, straining his eyes for the signal. Intent on a flag of white, which he believed would be conspicuous, he failed to notice a slim girl, in a loose grey coat, who carried a small hand satchel, and was attempting to see all the faces, at once, beyond the ropes. Douglas would have missed the telltale, if a porter had not blocked the way, causing the ribbon to flutter directly under his eyes.

"Quick!" he exclaimed, grabbing the girl's satchel. "Right this way. In a tearing hurry — train late — must catch another. On the run, now!"

This, as with broad shoulders, he separated the crowd, his companion jostled at the rear and with difficulty keeping him in sight. Shame on Douglas! Not until he helped the girl into the taxi did lights of what can be called heart-smashers hold his own. When they did, he glanced below the eyes at the flushed cheeks and yet below at the youthful figure in the loose coat. He gasped. But back in his mind was the thought of the train and his golf sticks in the package room.

"Must catch my train — three minutes. My mother said not to expect to see her — shopping. They'll tell you —" He could not bring himself to give his mother's message to this young goddess. "Got to hump myself. They will tell you."

Although the heart-smashers were those of a house maid, they performed their task. His train and the golf sticks were for the moment forgotten as he gazed after the cab. The girl, too, was gazing back, seemingly in wonderment. It was a miracle he caught his train.

"You'll need a grip on yourself!" he exclaimed, as he threw himself into a seat. "What was the color? Hang me if I know. But think of a maid with eyes like that handing me the butter! Gee whiz! Hang it! Why can't one of the girls I know have decent eyes? And you'll look nice, you will, letting a girl like that take your hat and cane. What was the color?"

He piled up a duffer's score, made his caddy weep, and did other things that proved the power of eyes. He hardly knew what he did. He smashed the ball, not caring whether he ever saw it again, and lost three with never a regret. Finally, with positive joy, he fractured his best driver. He was glad when it was time to return home.

He hesitated before he pressed the call button at the door. Would she of the eyes let him in? What was he that he should expect such favors from an Albany goddess? What was more important, how was he to conduct himself? As a starter he would not risk the eyes. The door opened and looking downward he took note of what protruded from the bottom of a blue gown. Two broad feet, encased in solid footgear. Heavens! Could the goddess have feet like that? But the feet brought confidence. If you remembered the feet, you might bring yourself to ask the girl to pass the butter. His eyes traveled upward and he gazed upon a stolid face, where green-tinted orbs looked at him kindly.

"Ellen, sir," said the woman. "Dinner will be served in fifteen minutes. The madam is in her room."

"May I ask," began Douglas, when he and his mother were seated and the new maid had stumped toward the kitchen.

"It is your mother who will do the asking," replied Mrs. Laurie. "And for tying things into knots you are 'the limit,' as you would say."

"As how?"

"You go to meet a maid — she is stupid, perhaps, and she made a mistake, but that doesn't excuse you for kidnapping a beautiful young woman. Mary tells me she is beautiful. You kidnap her and send her here. She is evidently a stranger in the city. She is taken to the servant's room and told to clean silver and wipe up floors."

"Great heavens!" exclaimed Douglas, as the eyes of his remembrance gathered scorn.

"The young lady is frightened. Then — I cannot blame her — she's angry. She demands a cab. She flings herself from the apartment. What could you expect? She doesn't leave her name or the name of the friends whom she is visiting. I cannot make an apology. It's a pretty mess. Even with your forgetfulness — and I told you that Ellen had light hair and green eyes — never would I have believed it of you!"

"Great heavens!" repeated Douglas. "But she did have a bit of white."

"A coincidence," said Mrs. Laurie. And Ellen is a little stupid. She had a notion that it was to identify her body, in case of an accident. Had it pinned to her stocking. But she gave a policeman our name and he looked it up in the directory and sent her by the subway."

"But the other? Didn't any one have sense enough to find out where she's visiting?" stormed Douglas.

"You know little of young women. It wasn't a compliment to be told to wipe up floors. No girl would leave an address."

"Bad cess to that cook!" exclaimed Douglas, adding under his breath something about eyes.

"We do not select maids by gazing into their eyes," remarked Mrs. Laurie.

Douglas gulped a hasty meal. There might be a chance that the taxi could be identified. But when the cook was consulted, all she knew was that the hall boy obtained a taxi, and questioning the boy brought no information. He called a vacant taxi, and that was all he knew.

That night Douglas woke from a nightmare. He had inserted a dream advertisement in the papers. "Wanted by a young man, who mistook her for a servant, the address of a slim young goddess, clothed in a loose grey coat, and with eyes like bronze stars. If there's any doubt, examine the eyes. Answer immediately. The advertiser has already lost his appetite and cannot sleep." He sank into more dream-disturbed slumber, where a multitude of girls, all

wonderful as to figure and eyes, but with feet like those of Uncle Sam, sat in rows, cleaning silver and harrowing his soul with scornful glances.

He was late the following morning at breakfast. When he entered the dining-room, his mother was seated. "There's somebody waiting to see you," she said.

"Probably wants to get my vote. There're slathers of vote hunters. Before I see him I'll eat breakfast. And — that fool business yesterday. What an idiot I was!"

"Still dreaming of the girl — and the eyes!"

"Mater — it's foolish, perhaps, but I'm going to try and find that girl. But that's the trouble with a big city. You might search for years and never —"

"Excuse me," said the new maid, coming into the room. "Here's the gentleman's card. He says he can't wait."

Douglas was met by a man of red face and particularly big mustache, who greeted him with great familiarity.

"Mr. Douglas Laurie," he said in a loud voice. "The elevator man chucked me your name."

"That's my name."

"I'll take your word for it," said the visitor. "It doesn't matter what your name is. You'll have to come right along with me."

"What in blazes do you mean?"

"I've looked you up some. You seem straight goods, but we get fooled a lot. I've landed heaps what seemed all right. Anyhow, you've got to come with me."

"There's a blasted blunder somewhere," said Douglas. "I suppose you want me to go to a station house. I'll get my hat and coat and tell my mother a bit of business has come up. No doubt it's a case of mistaken identity."

"Most likely," chucked the man. "Till we find the goods on 'em, it's mostly mistaken identity."

When the turn of the inspector and Douglas came in the line before the rail, the official at the desk, after turning the pages of a book before him, snapped sharply to Douglas. "You're accused of stealing a woman's money — Grand Central — yesterday afternoon. You put her in a taxi and sent her where they attempted to keep her and make her do some kind of work. We have lots of funny business at railroad stations. Stand one side. I'll phone the lady. She's coming to identify you and make a charge."

"It's a blunder," stammered Douglas. "My mother —"

"When a game gets strung up, it's always a blunder," remarked the official.

"I can give prominent references. I can prove —"

"Stand one side!"

For a half-hour Douglas fidgeted in the human riffraff, the detective close beside him. Then a girl entered, with a young man at her side. The group opened a passage for her, and Douglas gazed toward the eyes of his dreams, which were indignantly fixed upon him.

"Is this the man who met you at the Grand Central and ran away with your money after putting you in a taxi?"

The girl breathlessly gave her assent.

"How much did he lift?"

The girl motioned to her companion. "I'll tell the story," he said. "My cousin has never been in New York before. She hasn't seen me since she was a little girl. I was to meet her. She thought this fellow was me. He pushed her into a taxi. Her money was in her hand satchel. He ran with it."

"How much?" asked the officer.

"All the money father gave me to spend in New York," replied the girl. "Five hundred dollars!"

Douglas felt his legs weaken, as if they had turned into something of the strength of boiled macaroni.

"Got on the track of the wrong taxi," explained the inspector. "That's why I didn't land my man last night, when the theft was reported."

"When you saw the thief running with your satchel, why didn't you call a

policeman?" asked the officer of the young lady.

"I didn't see him run away with the satchel," explained the girl. "He ran away fast, but I didn't see the satchel. I thought he'd put the satchel in the cab. I was confused. He hurried me so! I thought he was my cousin. It was all stupid, but with the bustle, I didn't think of my satchel until the horrid woman tried to make me stay. Then I was frightened and wanted somebody to go and catch the thief. I thought I would know the house again, but I didn't. But that is the man who took my money."

"I did not take the lady's satchel!" exclaimed Douglas. "I did put it in the cab. But I was confused, too—a blunder — something, your honor, a fellow can't tell — not here." Not the threat of a state prison would have made him tell to the scowling official and the crowd of the room that he mistook this gloriously beautiful girl for Ellen of Uncle-Sam feet and green eyes. "I can give you, sir, the names of many persons who will tell you this charge is absurd. Perhaps the young lady left the satchel in the taxi.

"Unsatisfactory answers," said the official. "You're charged with stealing a large sum of money." He turned to the detective. "Is the taxi driver here?"

The detective pointed to a stout young man in the dress of a chauffeur. "First chop record," said the detective.

The driver was questioned, and said he saw the valise dangling from the arm of the girl's escort as he raced away. "Why didn't you give chase or call an officer?" asked the magistrate.

"How could I know the fellow was a crook? He might have been the fare's brother or husband."

By this time Douglas was in the condition of mind which is known to those who are branded by circumstance as thieves. "References are no go, not in this case," said the official. "I'll hold you. Better get a lawyer. The lady and chauffeur will leave addresses with the clerk. Next case!" And Douglas was hustled toward the police station cell, the young lady directing indignant glances toward him as he entered the grated door.

During the next hour, he sat in a corner of the cell, keeping himself as far as possible from the other prisoners. A phone message was sent to a lawyer friend, who came as quickly as he could, but whose coming seemed to Douglas to be delayed indefinitely. The lawyer listened to the confession of the blunder, and he was putting Douglas through a third degree of inquisition, trying to find out what became of the valise, when an attendant came to them. "A lady wants to talk with you," said the attendant.

Again the girl of the indignant eyes appeared, accompanied by her cousin. "All my cousin wants is her money," he said. "If she gets it, she'll withdraw her complaint."

"You'd better settle," whispered the lawyer to Douglas. "You left the valise somewhere, and if a dishonest person picked it up, we'll never see it." The lawyer added to himself, "Holy smoke! If I'd made that blunder, I'd never acknowledge it to this wonder of a girl!"

"Left the valise somewhere!" the words repeated themselves in Douglas' mind. Could he have really taken the valise, and did he leave it somewhere? He was certain he did not have it when he took the club car for the golf grounds. Could he have left it in a seat of the train?

"Call up the lost property office at the Grand Central!" he suddenly exclaimed to the lawyer. "Ask them if somebody hasn't turned in a small black valise to them."

A half-hour later, a messenger from the station hastened into the room, where Douglas, the lawyer and the young lady and her cousin were seated. The messenger opened a package. "Is this the valise?" he asked. "The owner will have to prove her property."

"It is my valise," said the young lady.

"Those are my initials. It's locked and I have the key here."

A few moments later the prisoner and the others were summoned before the magistrate again. "I'm told the valise was left in a Harlem train, and that the young lady has found her money and withdraws her complaint. I'll dismiss you, young man, but you must explain why you put a stranger into a taxi — that must be cleared up."

The lawyer stepped behind the rail and made a whispered statement to the magistrate, who smiled broadly as he heard it. Meantime Douglas would have liked to have been anywhere but where he was.

"I understand!" chuckled the magistrate. "Case dismissed. But, young man, allow me to advise you that in the future, when you meet an unknown lady at a station, you ask her name — it's always a wise precaution."

With his accuser and the rest of the party, the prisoner pushed toward the door of the station house. Near the entrance, the jostling crowd separated the two for a few moments from the others. Douglas found himself close to the girl's side. She looked up at him, and her eyes became merry with amusement. "Your lawyer took me to one side and told me," she said. "Cousin Henry hasn't seen me since I was a little girl. Mother arranged about the white telltale. I've never been in New York before, and she was afraid something would happen to me. That' how you made the funny mistake."

"Will you please let me call and, in a less public place ask you to forgive me?" pleaded Douglas.

She stopped for a moment in the crowd, shyly holding out her hand. "I suppose I'll have to," she said, as Douglas clasped the cool little hand in his. "You're a desperate character and a kidnapper, and I dare not refuse."

The detective who gathered in Douglas always keeps tab on his "past clients," as he calls them. Six months after he rounded up Douglas, he said to the man at the next desk, in the dingy detective room at the station house, "There's a marriage notice of one of my former clients," and he pointed to the paper. "That forgetful guy who left the star-eye skirt's valise on the Harlem train! The guy married the dame. I got the hunch he would."

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# A Modern Saga

I write a theme, oft sung by sage,
Though laid in this, our modern age,
A Poet's love for Lady Fair,
To whom he poured his soulful prayer.

"O Maid!" he cried, "thy hair divine
Wast webbed by fays from trapped sunshine."
The maiden smiled and shook her head,
"It cost me twenty bones," she said.

"Thy form would grace a Grecian urn,
Fair Venus' own it well might spurn."
"Oh no," sighed she, "you're wrong again,
A straight front, price, ten iron men."

Thy eyes are blue as amethyst,
Thy mouth was made but to be kissed;"
She answered in a pleasant way,
"It also eats three meals per day."

"O Queen of Nymphs, pray marry me,
We'll live with bliss and poetry."
Said she, "I'll take you for my beau,
When you've a job that gets the dough."

The Poet left. His soul was hurt.
He said she was a shallow flirt,
The Maiden smiled behind her fan,
And straightway wed the grocery man.

— *Ellen M. Ramsay.*

# Saving Strength in the Home

By Mary Stone O'Rourke

Director of Domestic Science, Adelphi Academy, Brooklyn

THE manufacturer of the twentieth century considers it a financial investment, as well as an excellent economy, to equip his factory with labor and time-saving devices, to consider the health and betterment of his employees, believing, with the twentieth century sociologist, that better conditions suggest better lives, that better lives necessitate improved health and strength of body and mind, and all produce a higher type of individual, capable of, perhaps, twice the endurance, and, therefore, labor, at the same cost.

Thanks to the achievements of some of the master minds of this century, machines are being made that do the work of matchmakers and other workmen, who were victims of "death-causing" trades.

We hear of these triumphs of science, the wonders and beauties of it are all around us, but does it reach us? Do we make application of it in our mode of life? Have we time to stop a moment to feel the new life that this machine — which seems to have caught its maker's very mind and soul — will give the world?

Of this textile, so beautifully woven and gloriously colored, have we time to admire? Will it gladden our lives, or find a place in our homes, just because of its beauty?

And yet, every human being is responsible for making his own part of the world as beautiful as possible, to cause a flower to grow where none had bloomed before, to hang a picture that will mean something in the life of the observer. The desire to beautify should be common to all mankind, but it may be absorbed and lost in the drudgery or wearied routine of our daily duties. All the outside world is alive, awake, interested in economy and improvement, but within our homes economy seems to be in its infancy. And why?

Housework is considered a drudgery, and in most cases, sad, indeed, it is. Intellectual interest is necessary in acquiring practical, as well as ordinary, knowledge, and nothing will aid in securing this mental state and softening the "household drudgery" as a lively will to perform the daily tasks in a way that will secure the best results and save time, motions and strength. Let us expend a little to adopt this time-saving, small wonder-working machine. Bring into the house a touch of that glorious color, in textile or painting! Systematize each daily task, so that it may be most perfectly done in the shortest time, and by utilizing least energy! Systematize — but how?

First, locate the work. If in the bedroom or sewing room, or a combination of both places, an arrangement of furniture, supplies, etc., that will necessitate least "waste of motion" to clean, to put in order, to find. Have a definitely arranged corner for the sewing, the machine and comfortable chair placed where there is good light and air, the sewing stand convenient to reach, with all necessaries, needles, pins, thread, buttons, scissors, handy. Sort the kinds of work, and do as much of a kind as possible at one sitting. Bring a little of the modern factory speed-system into that little corner. Stitch as much as can then be stitched. Cut all that is to be cut at the same time; do all the basting without changing about, and thus avoid loss of time due to change, and often useless, thoughtless motion.

Or in the kitchen; study here the placing of the fittings in their relation to one another. Have the sink as near the

range as possible; the china closet near the sink; the refrigerator, supply closet and work-table near one another. If possible have the refrigerator "built in," and so arranged that it may be iced from the outside, and thus economize time and labor of cleaning. It should be placed where there is light and some circulation of air, and when possible connected with a separate drain.

Perhaps it is not within the reach of all to obtain one of the new fireless-cooker gas ranges, or the automatic electric cooker. Think of the summer kitchen thus equipped, with snow-white floor and bright red and green geranium flower boxes in the windows. Yet, even the old-time "hay box" will save, shall I say, fuel first, worry, time and energy, and yet afford a more savory, palatable and, consequently, more easily digested meal. A white opalite glass top transforms the old kitchen work-table, if the legs and frame are white enameled, into a veritable "beauty spot," and a very practical one! But a zinc covering saves labor also, and looks very well. Oftentimes the dishes are removed and placed in the kitchen in disorder, thus necessitating lifting again, scraping, scouring and replacing, all wasted motions! It is convenient in some houses, where the sideboard is built in, to have an opening through which dishes may be passed to the kitchen. If a table be placed in the kitchen at this opening, which is near the sink, dishes may be scraped and sorted for washing without again being moved. Certainly there are advantages in the use of the dish-washing machine, and the turning of a crank in the cheaper models is very easy. The dishes are fitted into a rack, and when thoroughly washed, by revolving in hot, soapy suds, rinsed in hot water, are let stand to dry. The sink should be easy to clean, and high enough to save the back, when dish-washing or other work is to be done there. A convenient high stool will rest the worker, and prevent undue weariness before the task is accomplished. If necessary to keep a pail of scraps indoors, place it on a shelf or stool, so that it can be reached without stooping. A nice arrangement is to have a large, covered porcelain jar on the worktable, a temporary receptacle for trimmings, shells, etc., and then remove contents to pail outside.

Another economy of labor and energy is the bread-mixer; this makes better bread and simplifies labor. Glass jars and bottles clearly labeled, or a set marked with washable glass lettering, may be purchased from chemical supply houses. These may be filled with ready-prepared supplies, mixed spice, whole and ground, and, in small quantities, sifted flour and baking powder (two level teaspoonfuls of baking powder to one level cup of flour). At a glance it will be seen when supplies are low, and the many motions, taking down, lifting lids, closing and setting back, will be saved.

In order to economize space in a kitchen, it is found desirable by many to have a small adjustable or drop shelf. This is attached by hinges and a prop made to hold the shelf in place when in use, and to slip under when the shelf folds down. It is a convenient arrangement to have the flour and sugar barrels suspended on pivots, or roll pins may be built into the lower part of the cupboard. Compact kitchen cabinets are in the market, though several contain many superfluous accessories. By their use work may be done without an extra step, and, indeed, they are labor savers. Perhaps no household art shows the character of the housewife as does her table service. Precision is a first requisite toward success. Think first, then carry in on the tray all things that relate to one another. There are several electric devices which lighten labor and make simple entertaining a delight. The chafing dish, the electric iron, the small electric grill, the coffee percolator, all add pleasure from good things and economize labor.

Before clearing the table have a place in the kitchen or pantry prepared to receive the dishes, etc., and thus save

strength and motion. Gather and remove the dishes systematically, glasses by themselves, silver with handles together, plates of the same size in piles.

These are some of the essentials that require quiet thought that will awaken intellectual interest and convert the drudgery of housekeeping into the science and art of "home-making."

The days when it was considered "lazy" to sit down to prepare vegetables, or iron small pieces, are over. To have a rocking chair in the kitchen was "a sign of a poor housekeeper," but times have changed, and with them the demands on the home-maker have increased. Science has taught us that the body, as a great machine, is ever in need of repair, building up wasted tissues, furnishing heat and energy — that even, in sleep, the great throbbing, pulsating, vital work is being accomplished — that just the fact of existence means expended energy, in a greater or less degree. Times have changed!

There is a greater social demand, perhaps more clubs and meetings, which mean entertaining, in turn, and changes of gowns and hats. The daily menus have changed, demanding more careful planning to keep within the income. The children require more and more "style" to dress them. With a deeper knowledge of danger, and increased population, the perplexity of keeping a sanitary home has grown. Good help, at moderate wage, is almost impossible to obtain, and so the homemaker today is often heard to say: "I don't know where to begin; I have so many things to do." Then the best thing seems to be to rest — to make use of easy chair, or couch, and thoroughly relax, even for ten or fifteen minutes. Throw off the nervous tension, with the feeling that everything will be right and accomplished if taken quietly and systematically. Close the eyes, let go nerve, brain and muscle strain, and rest.

Do this before the "hopeless" feeling comes, before being utterly exhausted, before being so tired that fifteen minutes will not seem to count. Then start again to accomplish more with less fatigue. It is fortunate, if one can learn to save strength before the necessity of saving arises. Worry causes much waste of energy.

Doing all that is possible to do should bring great satisfaction, not striving and unrest for what is impossible. Then, too, a dejected physical attitude tends to develop a dejected mental state, and vice-versa; and psychologists say, "We will be glad because we laugh." Therefore, a little physical culture, when dejected and very tired, will often restore energy. Stretch the body to its full height, swing the arms straight over the head and touch the floor with the hands. Breathe deeply; sing a little; yes, or even dance; listen just a moment to the birds — all full of life; glance at the sun and sky through the trees, and feel that "All's right with the world." We are told that domestic life calls for large energy, calm nerves and fine physiques, for all possibilities fail when physical strength has waned. Housekeeping is a high art, and it is not necessary that a woman's health and happiness be sacrificed in doing what is elevating and essential to the happiness of the human race. The home is the cradle of destinies, and it is for the woman to express the "science of living." Upon her success to combine the science and art of living, making it possible and delightful for others to live, depends the ability and happiness of mankind. The safety of the home is surely more dependent on health, knowledge, refinement and culture than on exhausted energy and worry over unaccomplished and often unimportant details.

With intellectual interest comes knowledge, with knowledge, systematic accomplishment, with accomplishment, joy in work. Then housework will no longer be a drudgery. It will be raised by her whose joy it is "to shape the destinies of men" to the art of homemaking.

# Aunt Anna's Company Cake

By Ruth Fargo

"OH, am I too late?" The little bride from across the street flashed into Aunt Anna's kitchen like a shaft of welcome sunshine. She was a bit breathless, and stood panting a moment with her back against the shut door, her hands still clasping the knob.

"Late? Dear me, no," assured the older woman placidly. "I just been getting things together," with which she placed two big blue mixing bowls on the kitchen table.

"I went down to the corner with Jerry," explained Dorothea Dent, with a pretty little bride-blush, "and I was poking along as slow as slow coming back, just enjoying out-of-doors. Then I saw Uncle Jonas at the kitchen door. He said he'd been knocking most all day," dimpling adorably, "and that you were going to make company cake, and I was to come over. I ran every step."

"Pshaw," deprecated Aunt Anna. "Jonas ain't been gone more'n a minnit. He just wanted to be saying suthin'," serenely.

"But it's company cake? You are going to make company cake?"

"Yes — that's what I told Jonas to say."

"The plain kind? — with blackberries?" eagerly.

"With blackberries," agreed Aunt Anna. "And it's so plain I donno as a body ought to call it 'company cake,' by rights. I donno's they had," doubtfully.

"It's a good name," affirmed the younger woman stanchly. "Everybody likes your berry cake, and everybody asks for the recipe. Now don't they? — Course it's company cake!"

"Easy to make — easy's fallin' off a log," voiced Aunt Anna.

"All the better for me," giggled Dorothea. "I'll be more apt to make a success of mine."

Dorothea, indeed, had depended much on her pleasant neighbor for help along lines dietetic, for when the little bride had first come to the house across the street she knew precious little about cooking. "I've always been so busy at something else that I never had time to learn," she had explained to motherly Aunt Anna, "but if you would just show me — some." And Aunt Anna had said, "Why, child, I'd just love to do it. Cooking sort of comes second nature to me, I done it so much. But, I reckon, you'll have to come over and see. I ain't good at telling how I do things. Like as not I'd leave the baking powder out'n the biscuit, or the sugar out'n the rhubarb pie, if I depended on telling. But I allus do it right — somehow, I seem to allus do." And Aunt Anna's husband had grinned over the top of his paper and asserted positively — nobody supposed he was listening — "Yes, you bet; you c'n depend on Annie's doing it right. Annie allus could cook. That's why I cum to marry her," composedly. "The very idea!" had exclaimed Dorothea, indignantly; but Uncle Jonas, with a satisfied chuckle, had gone back to the reading of politics. But ever since that day, Dorothea Dent had come over and taken lessons in cooking from Aunt Anna, and today it was to be company cake.

"I got the recipe, first, that time I visited my sister out in Oregon," said Aunt Anna. "There they called it 'Loganberry Cake,' because they used loganberries to make it. But I use blackberries, or sometimes raspberries, since I haven't got the other. I guess, truth to say, a body could use most any kind of cooked or canned berries."

Aunt Anna paused and looked over her utensils.

"I guess we are all ready," she said. Then, suiting the action to the word,

"Sift one level teaspoonful of soda with two cups of flour. Soda and not baking powder, because the berries are acid. They take the same thing as buttermilk would — soda."

Dorothea busily wrote in her blank cook book. "Soda —" she murmured acquiescently.

"Now in the other bowl put one cup of sugar and one-half cup of shortening, butter substitute I am using. And have it warmed a little bit. It creams easier with the sugar and quicker. When it is creamed, add the yolk of one egg and one whole egg, and cream some more. Save one egg-white to make an icing with. I'm going to put it out on this big platter, and while the cake is baking I'll beat up the white, fluffy and dry, and make the icing," explained Aunt Anna. "But coming back to our creamed sugar and egg and shortening, add one-half teaspoonful of ground cloves and one level teaspoonful of ground cinnamon. Mix well, add one cup of berries, juice and fruit, just as it comes, and stir well."

"Do you ever use the uncooked berries?" questioned the little bride.

"No," said Aunt Anna. "They must be cooked, fresh stewed and cooled, or canned. Either one's good. Now stir the contents of the two bowls together, beat well and quickly, and pour into a well-oiled loaf tin, and bake in a moderate oven till done. It makes a good-sized cake, but a body wants a good-sized cake when company is coming. It is sort of like a fruit cake, too," went on Aunt Anna. "Maybe that's why so many folks like it. Most people like fruit cake, though some don't. And then, too, this kind of a cake keeps well; it don't dry out like other kinds, and I don't want to be chained to my kitchen when folks come, as I want to visit a bit with. I want my cake made and put by, and ready to use. That's why Jonas has got to calling blackberry cake my Company Cake."

"Jerry liked it so much, the last you sent over to us to try. Remember?" mused the little bride.

"Men mostly do," assented Aunt Anna, sliding her cake into a well-heated oven, and pushing an asbestos mat into just the right spot to set it on. "Cake ain't near so apt to burn on the bottom if a mat's under it," she said. "And I do hate a cake burned on the bottom. But sometimes they will, spite of fate. But when that happens, I wait till my cake is cold and then grate off the burned part with a nutmeg grater. It don't crumble the cake, and leaves it looking neat and trim; and it does the work better than anything else I ever found. . . . Yes, just an ordinary nutmeg grater."

Aunt Anna began putting sugar in a pan. "One cup," she said out loud, "and one-third cup of water. That's for the icing. Let the sugar and water boil till it hairs, then beat it into the whipped egg-white, and add a little flavoring. I like banana, but a body can use what they like best. Jonas thinks almond is about right."

The cake will be out of the oven about the time you have the icing ready," speculated Dorothea.

"Yes," answered the older woman, "and the icing must go on before it cools — before it gets hard."

Dorothea's musing smile ran into a soft rippling laugh. "Once I made a boiled icing first, and set it away, so it would be all done and ready when I wanted it," she said. "And when I wanted it —" she laughed again. "Oh, well, I scraped it up and sprinkled it over a pudding. Jerry said it was as good as candy. It wasn't really wasted, not really."

"It is the little things that bother most when a body ain't used to cooking," agreed Aunt Anna. "The things that cook books don't allus tell about." She took from the oven a small sample cup cake, done and spicy smelling, and broke it in two. "We'll try it," she said, giving Dorothea a generous half, "and see if it's

fit to eat. . . . Well, I guess I ain't left out anything," critically.

"Isn't it good," sighed the girl who was learning, finishing her share to the last crumb. And then: "It makes a real dark cake, doesn't it? That will make the frosting look pretty against the cut slices. White and dark color. I do like things to look pretty."

Aunt Anna nodded. "It is a kind of cake that slices well," she added, "and that's something."

She began bustling about washing at the white shining sink every dish that had been used. Dorothea slid down from her high stool, the high stool Aunt Anna always kept in her kitchen, because it was so handy to sit on when peeling potatoes, and taking a tea-towel deftly dried each dish.

"I know exactly where to put everything away," she affirmed. "Do you know, it never occurred to me that I ought to wash up my cooking dishes right away, and not leave 'em till after lunch, till I saw you do it. It isn't half the work, is it? They wash so easy, and nothing ever a bit stuck up and dried on."

"I can't bear to see a cluttered up kitchen," said Aunt Anna. Then, "Want to wait and see me put on the icing? That blackberry cake is about done."

"Sure, I do," nodded Dorothea Dent. "I want to watch it all, start to finish. And then I wont make a mistake – – – *maybe* I won't make a mistake," she dimpled, "when I bake cake for Jerry and me. And sometime, maybe, I'll bake one for company . . . for company . . . or . . ." she paused. "Maybe I can bake one for Jerry's mother . . . she's coming to see us next month. And she's the darlingest mother-in-law a lucky girl ever had! You'll like her, Aunt Anna. And I . . . oh, I'm so anxious to show her I've learned to cook! Even 'Company Cake!' "

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# Oh Come Away!

Come with me to distant mountain where the ozone breezes bide,
Health producing, health prolonging, vigor teeming mountain side,
Where the forest folk are gently nodding assent soft and low,
Pine and balsam, birch and cedar rock their branches to and fro.

Come, they beckon from the city, from the town and country side,
Pleasure seekers of all ages, for each one they can provide
Happy innocent diversions 'neath their fragrant, balmy shade,
And upon their rippling waters where the moonbeams dance and hide.

There'll be wading for the children, healthy swimming for the rest,
Gumming, hiking, mountain climbing that will every muscle test,
Sailing, rowing, motorboating and canoeing on the lake,
Fishing in the trickling streamlets, picking berries till you ache.

You'll develop nerveless muscle, have a twinkle in your eye,
Life will have a deeper meaning, as its lessons you apply;
You'll grow plumper and look younger, tan and freckle, blush with pride,
As you bless the health producing, vigor-teeming mountain side.

CHORUS

O come away, O come away, O come away today,
Impulse obey to laugh and play, be jolly, blithe and gay!
The summer tide will quickly glide, the sun will southward ride,
So come away, to the hills away, to the restful mountain side.

— *Caroline L. Sumner.*

# Traveling Companions

## By May Belle Brooks

"JUST what shall I take along?" is the query that everybody who can afford a vacation is asking.

"Plenty of safety pins and a fly swatter!" somebody jocularly suggests, and those of us who have suffered from an invasion of the pests in summer camp or open farm house, or when trying to be comfortable in a hammock while just one fly buzzed around, will ratify the second item, even though a supply of hangers and efficient mending facilities render the former less important.

However, those safety pins will come in mighty handy. Attached to a strip of ribbon they will give a neat arrangement for hanging the clothes in the sleeper. A large one, fastened to the inside of purse or bag is an accessible place to hang one's keys. No matter how crowded it is with other things you'll know just where to put your fingers on your key.

Take crepe de chine, cotton crepe or knit underwear and only one change will be necessary, since it may be so easily washed out and dried overnight and needs no ironing. If you are to take a sleeper, a black batiste nightgown will be an inconspicuous choice and a dark-colored kimona will be in better taste, also. Some fastidious women always carry a neat black boudoir cap to wear on the train during the day, as this keeps the hair from disarray and excludes the dust.

A pair of dark goggles will do much to prevent eye-strain and consequent headache, and will protect the eyes from cinders. One ingenuous woman, whose slogan is comfort, has made a brown linen cushion-cover with stout handles and a pocket and snaps sewed along the opening. Into this she stuffs hosiery, soft underwear and such crushable clothing, before consigning it to the suit case, and when a pillow is wanted for the nap on the train, there it is, all clean and cozy and taking up scarcely any room at all. A newspaper spread over the seat proves a sanitary measure and saves carrying a towel for the purpose. And if her ride is to be lengthy, she slips off her street shoes and dons a pair of soft house slippers. It's such a restful practice. Also, being subject to neuralgia, she sees that a baby's hot water bottle is always in her bag, together with one of those tiny stoves that burn solidified alcohol, upon which to heat the water. This would be a fine idea for the mother traveling with a young child.

For brushing the hat or coat, a small new nail brush may be packed with the other toilet articles, and a Pullman apron will hold them in secure readiness. This is just an oblong piece of washable material covered with pockets and finished with a belt. One or two of the pockets might be formed of a discarded pair of dress shields, or lined with waterproof cloth, to hold damp articles. A discarded hot water bag, cut envelope shape, makes an excellent waterproof case for washcloths or rubbers.

Small squares of mosquito net, or pieces of an old lace curtain, make excellent wash cloths, as they dry almost instantly, or may be thrown away with no twinge of conscience. They are rough enough for any cleansing purpose, and take up less room than the usual kind. Better yet is the paper towel. A small tube of shaving cream or a little book of soap leaves is more convenient than the cake of soap, but if you do favor the latter, a tiny piece in a doll's soap case will answer every purpose.

There is a rubber tooth brush and nail brush that is best for traveling, but in case you still cling to the old order, a small shaker of powdered borax should

be taken along to sprinkle over any wet articles. It keeps them sweet.

"Never carry a valuable watch on the train," advised my traveling friend. "I always pack a cheap Ingersoll in my bag. It keeps good time and I don't have to worry about its safety. If obliged to carry jewelry I put it in a chamois bag about my neck, and to prevent the pieces scratching each other, I have tacked the bag here and there to form little pockets for each jewel. At night I tie my valuables around my ankle so they will not disturb my sleep. A hard lump around the neck, that persists in getting under the side or back, is not conducive to slumber.

"To carry my extra money, I make a bag the size and shape of a bill and tie it around my neck, pinning it to the under side of my waist, where it is accessible, yet safe. Another good place for valuables is in a little pocket sewed to the top of the stocking and fastened with strong snaps or hooks and eyes.

"How to keep my wraps presentable on a long journey was always a problem to me until I started my plan of including a large paper bag and a thick newspaper in my luggage. The latter I roll tightly and wrap a cord about the middle by which to hang it. This makes a hanger for my coat and my hat is placed in the paper bag and pinned to the coat.

"If you've ever snagged your dress at an inopportune moment, you'll appreciate the package of court plaster I always carry in my pocket book. It mends a tear in a twinkling. Another thing that may not seem a necessity until you've tried it, is a little handy box that fits snugly into my traveling bag. It contains a tube of paste, which is mighty handy to eke out the mucilage on a poor postage stamp or envelope, or to do up a parcel to carry or to mail; a piece of twine, an indelible pencil, a few shipping tags, stamps, a roll of adhesive plaster and of antiseptic gauze, tiny bottle of iodine, a needleful of white thread and one of black, a detachable wooden handle for carrying heavy parcels; and I'm equipped for almost any emergency. There is also an elastic band with hook and eye at the ends to clasp beneath the hips so that I can pull up my dress under a raincoat, leaving the hands free for luggage.

"About my neck I hang a metal identification tag with my name punched thereon. It's the safest way.

"Do you know," concluded this foresighted woman, "I can go anywhere on a few minutes' notice. The secret lies in an emergency drawer for traveling. There I keep an outfit always in readiness and never drawn upon for other purposes. It contains one complete change of underwear, two waists, a tailored one and a dressy one, six handkerchiefs, a motor veil, a pair of white washable gloves, a lightweight serge coat that may be worn over my suit, if necessary, and a satin brim that I can attach to my severe little traveling hat and lo, I have a dress hat suitable for any occasion. I don't have to waste time standing around wondering what to pack, for I've thought it all out, once and for all."

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# A Theory

What thought took form in this white rose?
The answer to your question goes
To deeps whence came the star, the sod;
Perhaps it is a word of God,
Spelled in a way men understand,
A dream come true within the hand.

The mystic sight of seers may go
Behind the petals' clustered snow;
To me there is a meaning plain,
And other searching is in vain:
This rose was wrought by Spring's shy art,
For you to wear upon your heart!

— *Arthur Wallace Peach.*

# AMERICAN COOKERY

FORMERLY THE

## BOSTON COOKING-SCHOOL MAGAZINE

OF

Culinary Science and Domestic Economics

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## LEST WE FORGET

WE would keep constantly before our readers and patrons the fact that AMERICAN COOKERY is the leading publication in America that deals almost exclusively with food and cookery. AMERICAN COOKERY is a culinary publication *per se*. It appeals directly to housekeepers and homemakers, as well as to teachers and students of domestic science, everywhere. From all these sources, time and again, the most hearty approval has been received. In some schools the current issues of this magazine have been used as a text book.

Now we would that AMERICAN COOKERY might find its way into countless homes, where it is unknown, at present, and where, we are confident, full appreciation of its timely and helpful influence would be emphatic and certain.

For obvious reasons the circulation of AMERICAN COOKERY is dependent largely upon its own distinctive merits and the thoughtful recommendations of its steadfast readers and friends. The time is now fit and opportune to enlarge our list of subscribers. To accomplish this our incentive is not wanting; any voluntary consideration of our needs on the part of our readers, and every phase of kindly co-operation in our behalf, will be most gratefully received.

## PEACE AND PRICES

THE war is over, but the war-prices of foodstuffs and commodities have not declined. In some cases they have been advanced. The so-called laborer combines and strikes for higher pay. The government has encouraged him in his demands and he succeeds. Immediately the cost of foods and products in which labor is involved goes up; the cycle is completed and the operation must be repeated. What will be the outcome, the end of all this? It seems plain to us we are not beginning aright. The cost of every article of food and merchandise is abnormal. There can be no stability or wide-spread prosperity in business until we face the other way and the price of labor, foodstuffs and manufactured goods are all gradually reduced to a normal basis. Profiteering of every sort has become odious. The dealer who attempts to raise the price of anything, at the present time, should be boycotted at once. And along with other things the price of labor must be reduced. Who is worthy, or has earned exemption from the general rule? Can organized labor claim to do the work of the world, while the rest of mankind live as they may and pay the bills through taxation? It is very plain that under existing prices both of labor and materials many and varied kinds of industries cannot be conducted save at great loss. The publishing business, for instance, is only one of them. A first condition of lasting prosperity is that everybody, not a few, be busily engaged at a fair and honest wage. Is the present condition of affairs in these United States creditable to a nation that claims to be free and democratic in its government? But let us be optimistic and hope that with

returning peace and abundant new crops, better times are coming. May peace and plenty be forerunners of prosperity and contentment!

## BEWARE THE HOUSEWIFE

"THERE," said a housewife proudly, looking at sixteen glasses of a home-made table-sweet, "they cost six and a half cents a glass, and they're selling in some shops at three dollars a dozen." In such justifiable boasts as this lies the doom of the food-profiteer. Man-made laws have often failed to reach him, have sometimes reached, instead, his honest competitor, and man-and-woman-made laws may be no more effective, but the American housewife, once thoroughly aroused, will bring about what the most cumbrously elaborate penal legislation, in the premises, has failed to accomplish.

Food-profiteers seem to forget that the things which they do wholesale in huge factories were once mere household arts, practiced in every domestic kitchen. Not one of these is an art lost beyond recovery, and labor-saving machinery and processes adapted to domestic use have, within recent years, gone far to close the gap between the cost of production in factories and in the home. If the profiteer will not be good, the American housewife will snap her fingers at him, and return to the arts of her grandmother. More than this, housekeepers, under the pressure of recent conditions, have learned the trick of co-operation. Not every village home need maintain its lye-vat, its smokehouse, its preserving kitchen. Fish, flesh, fowl, fruits, vegetables, syrups, all can be made at home, and without the killing labor that exhausted the housewife of two generations ago. Soap, candles, and half a dozen other household necessaries and conveniences are within the scope of the domestic arts. Already cheap American dyes are freely used in the homes, urban and rural, and in hundreds of thousands of American kitchens faded recipes in the handwriting of an earlier generation have been typewritten by brisk modern women.

At every economic crisis, after war or financial panic accompanied with industrial depression, the women of America have nobly come to the rescue. What they did during and after the revolutionary war and the war of secession is a matter of history. When the world-war came on, American women of the comfortable classes had long been accustomed to the convenient luxury of factory-made foods, while the poor of great cities had accepted the conditions imposed by tenement-house life, and neglected the household arts with their luckier sisters. Thousands of the latter, spurred to patriotic endeavor by the exigencies of the world-war, turned to these almost forgotten arts, practised them with intelligence, added to their labors voluntary self-denials, and cheerfully taught all these things to such of the poor as were willing to learn. Whatever luxury and easy money may have done for the men of America, it had not enervated all of the women.

Now, as ever, the economic fate of the country lies in the hands of the American housewife. Fortunately many great captains of industry realize that she must be considered, renounce the privilege of profiteering at her expense. Meanwhile, the unrepentant profiteer, whether employer or wage-earner, should remember that the American mother, who would cheerfully sacrifice her husband for the good of her children, will not be tender of mere outsiders whom she suspects of taking bread from the mouths of her little ones. Truly, in this matter "the female of the species is more deadly than the male." — *The Boston Herald.*

## CLEAN OUT THE OLD: LET IN THE NEW

"CLEANING UP" is a necessary, though often an unpleasant process. After it is over we rejoice in its benefits, and wonder why we made such a fuss over the incident discomforts of

ridding our premises of dirt and rubbish. But cleaning up should not be confined to our external surroundings. We need to clean house, mentally, occasionally, and were it done oftener we should all be saner and happier.

Think a moment. Isn't your mind cluttered up with mental rubbish, senseless prejudices, petty spites, ancient grudges, and bits of hateful gossip which you should have "dumped" long ago? May not your mental processes be clogged and your mental alertness be dulled, because you cling to outworn theories, superstitions, and creeds, and will not discard baneful ideas and senseless hate? Do you harbor ill feelings against your neighbors, and may you not, by your accumulation of meannesses and unworthy efforts to "get even," make it impossible for new ideas or thoughts to find room in your mind?

If you feel that you love nobody and nobody loves you; if you imagine that you are not getting a square deal, and that luck is against you, you need a mental clean-up. Let the sunshine and fresh air into your dusty, cluttered brain, throw out the rubbish and make room for new thoughts, new points of view, new ideas. They will come trooping if there is room to take them in. The only way to acquire fresh mental furniture and furnishings is to clean out junk. Why let it cumber you longer? — A. J. S.

## THE FINE ART OF DOING WITHOUT

GOING without the good things of life is considered a hardship. Too little thought is given to the blessings. Everybody struggles to acquire material advantages, thinking that they spell happiness, but happiness not infrequently lies in practicing the fine art of doing without.

Having everything you want in the world conduces to arrogance, selfishness, snobbishness and boorishness. Doing with little, when necessary, and doing it with dignity and a cheerful spirit, does much to develop nobility of character and moral fibre. Often it is all that is needed to transform a commonplace, sordid soul into one of sweetness and light.

Few people voluntarily attempt to see with how little they can get along, but when necessity demands, or, when, in order to attain a greater good, it seems desirable, it is surprising to note how little one needs, and how the moral calibre is strengthened and developed by self-denial. Self-denial, practiced merely from compulsion and with rebellion of heart is detrimental. Undertaken in the light of an adventure, and with cheerfulness, it will yield large returns. Once learn to do with little, and not feel abused, and you have laid the foundation for personal freedom and happiness. Not to be dependent upon material circumstances is to be independent of the caprices of Fate, and rich, although poor. Therefore, when circumstances cause you to practice economy and to do without "necessities," suppose you see how much fun you can extract from the situation, and how well you can manage.

A. J. S.

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The Poet: "Have you read that poem on the League of Nations I left the other day?"

The Editor: "I have just finished reading it. By the way, what's your opinion regarding the League of Nations?" — *Life.*

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## There Are No Bounds

*"When I awake I am still with Thee"*

Still, still with Thee, when roll earth's deepening shadows
Into the blackness of the midnight hour;
Full well I know no 'whelming deeps of darkness
Can hide from me Thy presence and Thy power.

Still, still with Thee, though now my days declining
Have passed the Psalmist's bound of mortal span;
In Faith's clear gaze there are no bounds confining
The life immortal shared with Thee by man.

— *Charles A. Humphreys.*



A CENTERPIECE OF FRUIT

# Seasonable-and-Tested Recipes

## By Janet M. Hill and Wealtha A. Wilson

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

### Beefsteak-and-Kidney Pie

The amount of filling depends on the size of the pie dish, or, if individual pies are made, on their number. For an ordinary pie use one pound of round steak and four or five lamb kidneys. Cut the steak into pieces about an inch and a half long and wide. Cut the kidneys through the center and remove all the white portion, and also the center. Throw the trimmings away and put the other pieces into cold, slightly salted water. Allow this to come to the boil very slowly. As soon as the boiling point is reached, drain off the water, again add cold, salted water and bring once more to the boil. Drain, rinse well and add the kidneys to the steak.

In the meantime, roll the pieces of steak in flour and brown nicely in a sauce pan. Cover with water; add salt, pepper, a tiny pinch of sweet majoram, summer savory and a few grains of nutmeg. Simmer until the meat is tender. Add any seasoning needed, at the last, and also a little softened gelatine. If preferred, thicken the gravy with two tablespoonfuls of butter, creamed with one and a half tablespoonfuls of flour. Pour the meat and kidneys into the pie dish with gravy enough to cover, and then add the pastry top. Some add potatoes and slices of hard-cooked eggs. These pies are excellent, either cold or hot, and are fine for picnics, home luncheons, or Sunday dinners.

### Pastry for Meat Pies

Cream together one and a half tablespoonfuls of lard and the same amount of butter. Cut this into one cup of flour, into which has been mixed one-half a teaspoonful of salt and one teaspoonful of baking powder. Use just enough cold milk to cause the particles to stick together when pressed. Let the pastry extend to the edge of the wide flat brim, which is the peculiar feature of an English meat pie dish. This dish is placed on the table and the pie is served from that.

## Scalloped Egg Plant

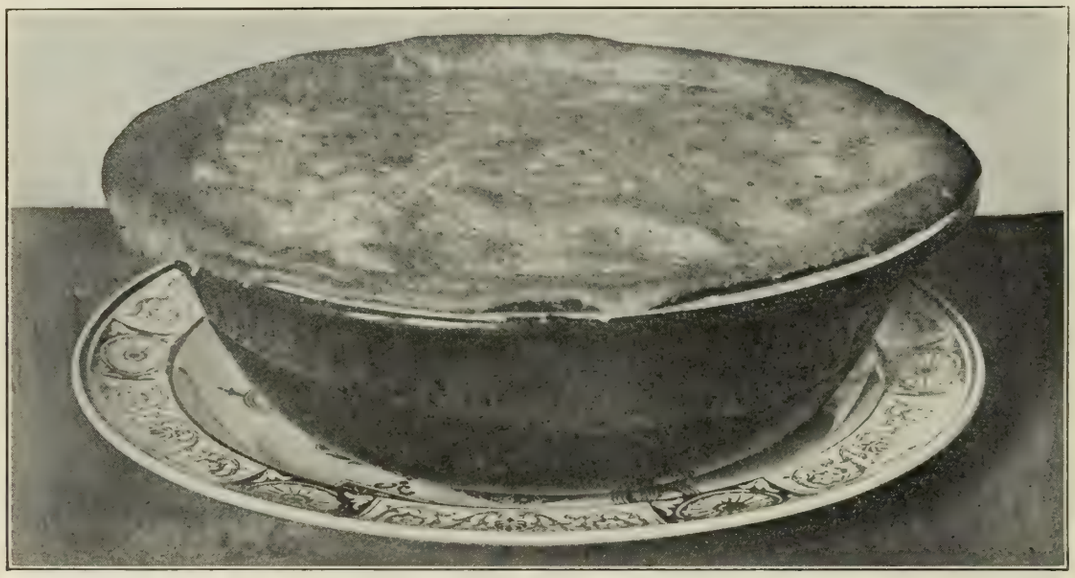
Cut the egg plant into slices about one-half inch thick, pare and put in strong salt and water under a weight for half an hour. Rinse and wipe dry. Butter a baking dish and arrange pieces of egg plant on the bottom, sprinkle well with grated cheese, salt and pepper. Repeat until the dish is full, ending with the cheese. Have ready a rather thin tomato sauce, nicely seasoned and pour this over the layers as they are being arranged. Bake in a moderate oven about three-quarters of an hour, or until the egg plant is tender.

## Dressing for Potato Salad

Mix together one teaspoonful of salt, one teaspoonful of mustard; beat four eggs till thick, add the salt and mustard and two cups of vinegar. Cook over water until it becomes a smooth custard. When cold add one cup of whipped cream.

## Stewed Green Corn with Peppers

Use either canned corn or green corn cut from the cob. Drop three tablespoonfuls of butter into a sauce pan. Add one heaping tablespoonful of sweet green pepper, minced fine and two paper-thin slices of garlic. Allow them to simmer for ten minutes, or until very soft. Add the corn and a fourth of a teaspoonful of salt; stir well and cook for ten minutes. Add one-fourth a cup of cream. If too dry, add more cream. Plain milk and a teaspoonful of butter may be used instead of the cream.



BEEFSTEAK-AND-KIDNEY PIE

## Potato Salad, Summer Style

Put into a pot twelve medium-sized potatoes and three fresh eggs. Cover with water and cook till the potatoes are just tender. Drain and allow to cool. When ready to make the salad, remove the skins from the potatoes and free the eggs from shells. Dice the potatoes and pare two fairly large cucumbers and slice thin; blanch one cup of almonds and cut into thirds. Have the white heart stalks of celery in ice water for half an hour, wipe dry and cut into thin strips and then into short lengths. Cut the eggs into fourths, lengthwise, and then into slices. Mix all together and coat all pieces nicely with salad dressing. It is a good idea to add the celery and cucumbers the last thing before serving in order to keep them crisp.

## Sautéed Vegetable Marrow

Select young marrows and cut into half-inch slices. Pare, season with salt, pepper and dredge with flour. Have ready plenty of hot fat, either fresh bacon

fat, dripping or a mixture of butter and substitute fat. Have the mixture hot to start, and as soon as a slight crust is formed on one side turn the slices. Reduce the temperature and finish frying. When tender drain on soft brown paper and serve without sauce. The slices should be hot, crisp and dry.

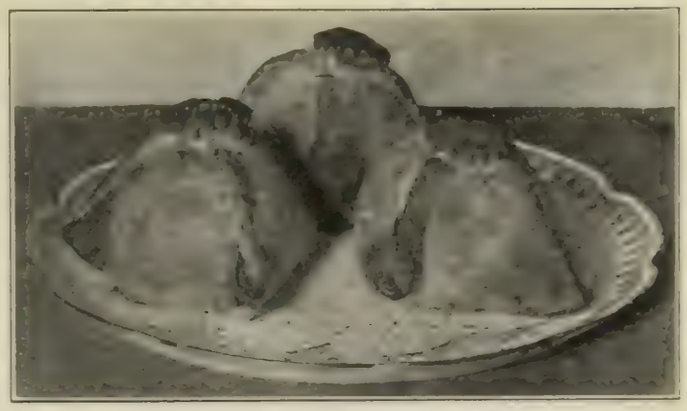
## Baked Apple Dumplings

Select tart apples that do not lose their shape at once in cooking. Pare evenly and remove the cores without cutting the apples in pieces. Put the apples into water enough to float them; add a cup of sugar and cook until almost done. Remove with a skimmer and cook the syrup down till thick. Place each apple on a square of pastry. Fill the cores with butter, lemon juice and sugar, and drop the syrup over the apples. Moisten the tips of the pastry squares and press together over the top of the apple. Put on a baking tin and bake a nice brown. Serve with cream just sour enough to have become thick, into which has been stirred powdered sugar; dust nutmeg over the top.

## Pershing Salad

Use only firm, thoroughly ripened fruit.

Select large, well-shaped red tomatoes and firm, ripe, yellow peaches. Remove the skin of the tomato without scalding and take out the hard stem portion with a neat, shallow cut. Hold the tomato, stem end up, in the palm of the left hand, and with a sharp knife make two cuts at right angles through the center of the tomato and about three-fourths of the way through. Have ready crisp, white heart-leaves of lettuce and place the tomato on these so that the sections separate slightly like the petals of a flower. If necessary deepen the cuts a little to secure this effect.



BAKED APPLE DUMPLINGS

Pare the peach and, unless very large, cut into quarters. Fill the spaces between the tomato petals with salad dressing, but be careful that none of it gets on the petals. Place the peach petals on the part covered by the dressing, turning the seed side underneath, drop a ring of salad dressing around the base of the tomato and cover this with thin slices of peaches placed overlapping. Pipe a star of whipped cream at the center top and a thin line down each section of peach. Salad dressing may be substituted for the cream. Arrange in individual servings.

## Dressing for Pershing Salad

Mix together one tablespoonful of salt, one tablespoonful of sugar, one-fourth a teaspoonful of mustard, one-eighth a



PERSHING SALAD

teaspoonful of curry powder. Beat one whole egg, or two yolks very light; add the juice of one large lemon. Beat five minutes and then add the dry ingredients. Beat for three minutes. Add three-fourths a cup of Carnation milk. Cook in a double boiler until quite thick, stirring constantly. This dressing can be cooked much longer than if made with ordinary milk and will have more body, but care must be taken not to over-cook and consequently curdle.

## Paring a Tomato Without Scalding

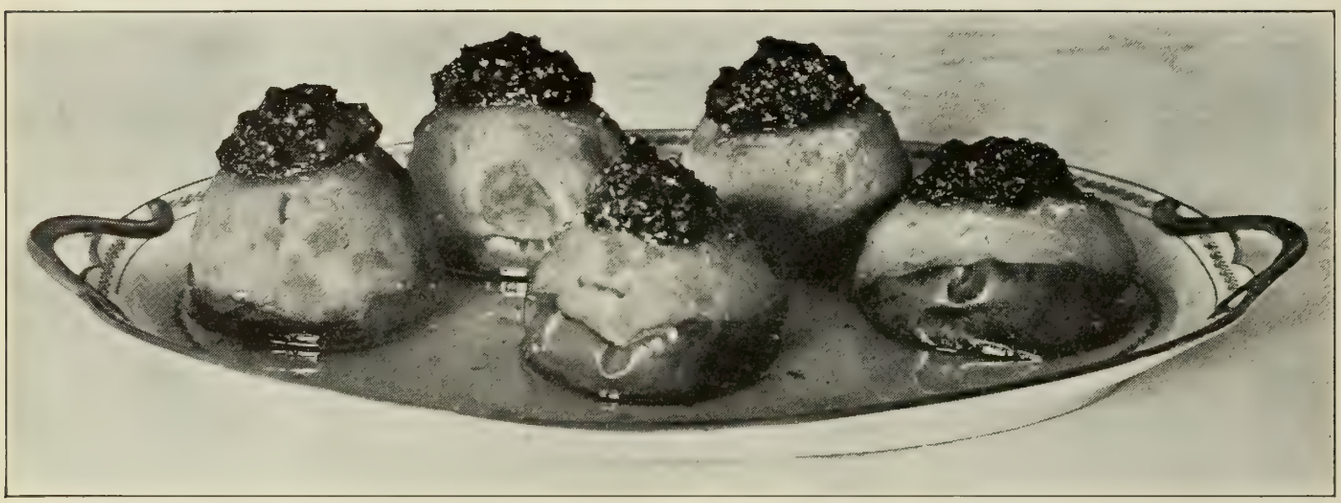
Use a small sharp vegetable knife. Press the back of the blade along the tomato, moving from the top to the stem end or round and round. The motion is something like scraping, but not so vigorous, as the skin is not broken. Care must be taken that the strokes touch or overlap a trifle. When all the surface has been gone over in this way, slip the point of the knife under the skin and pull gently, removing it easily. This method is helpful when tomatoes have been chilled and must be used at once.

## Apples Stuffed with Nuts and Raisins

Core about five apples, making sure to take out every bit of the core. Remove the paring from about one-half of the apple. For six put half a cup of sugar and half a cup of water into a sauce pan; into this set the apples and let cook, turning often, until each apple is tender. Set them carefully into a baking pan. Fill the centers with one-third a cup, each, of raisins and nuts, chopped fine, dredge on a little granulated sugar and let bake in a moderate oven till glazed; serve with the syrup poured around them.

## Pancakes

Beat up the yolks of two eggs, one tablespoonful, scant, of salad oil, three tablespoonfuls of water, one and a half tablespoonfuls of flour, and one-fourth teaspoonful of salt. Beat this paste about ten minutes. If the batter is too thick, add a little water until its consistency is satisfactory. When right it should cover the spoon when lifted out of it with a coating about the eighth of an inch thick. Beat the whites of the two eggs to a stiff froth; beat this into your batter at time of using. If preferred, the batter may be baked in small squares, or in other shapes.



APPLES STUFFED WITH NUTS AND RAISINS

## Spiced Pepper

(Wyvern)

Take one-fourth an ounce, each, of dried thyme leaves, marjoram leaves, and summer or winter savory leaves, one-half ounce nutmeg, grated, one-half ounce cloves, one-fourth ounce, each, whole black or Nepaul pepper, and pound in a mortar, and when ground to powder pass it through a fine sieve and cork close in a bottle.

## Spiced Salt

Mix one ounce of the above with four of the salt and store in a close bottle. The spiced pepper is the more valuable because the salt draws moisture.

## Cheese Ramequins

Put two tablespoonfuls of butter in a saucepan with one cup of boiling water, half a teaspoonful, each, of salt and black pepper, when it boils add four teaspoonfuls of potato flour. Stir over the fire four minutes, and then mix with it half a cup of grated cheese and beat in two eggs, one after the other. Set the paste in pieces on a baking pan, a spoonful in a place; flatten them slightly, brush them over with beaten egg, bake in an oven hotter at the bottom than at the top; serve on a napkin, very hot. A green salad and bread should accompany the ramequins.

## Eggs, Swiss Style

Choose a shallow pie-dish, and butter it liberally. Pour over the bottom of the dish a layer of cream a quarter of an inch deep, over that shake a layer of grated cheese a quarter of an inch deep. When the cheese and cream have united take out the dish and without crowding, break into the cream as many eggs as will well cover it. Take great pains that no yolk of egg be broken. Shake over them a little black pepper and salt, and gently pour a little more cream over the surface. Finish with a little grated cheese. Return to the oven to set the eggs. Do not let them get too hard. For a change set a layer of previously boiled macaroni, spaghetti or noodles, in the dish, first of all, then finish in the same manner as above.

## Eggs au Gratin

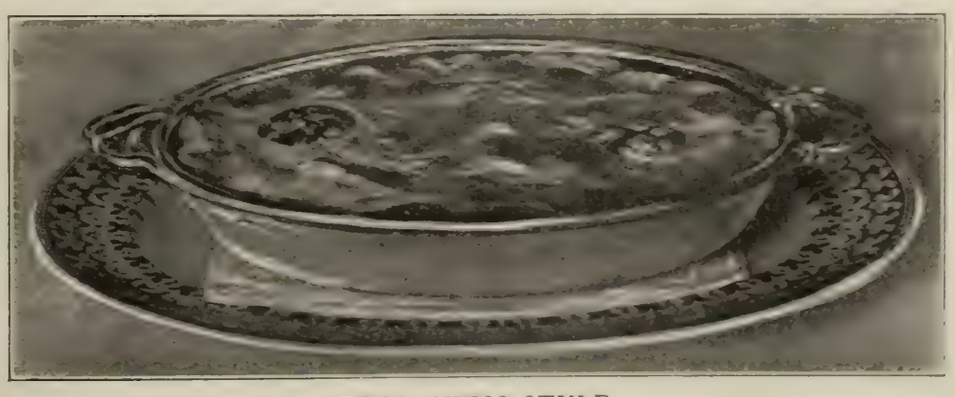
Butter a shallow baking dish, first rubbing it over with the cut side of an onion; line it with macaroni, cooked in milk, pour over it a cup of white sauce in which you have melted some grated cheese. Over this set a layer of hard-cooked eggs, neatly sliced and an anchovy, fine-chopped, over the eggs. Sprinkle on pepper and salt, or a little of the spiced salt, given on another page. Mix three-fourths a cup, each, of sifted bread or cracker crumbs, and grated cheese with one-fourth a cup of melted butter and bake until the top of the dish is a golden brown.

## Half-Jellied Fruit

Cook half a cup of tapioca in a pint of boiling water until transparent; add such fruit as is convenient, a few strawberries, one banana, sliced thin, three or four slices of pineapple, cut in small pieces, an orange, in small bits, with its juice, a little pineapple juice may replace part of the water, and a tablespoonful or more of fruit-jelly may be added; add the juice of half or a whole lemon, and a little sugar, if needed, and set aside in a cool place; serve in saucers, a spoonful in each, with whipped cream above.

## Stuffed Eggs for Buffet Supper or Picnics

Put six eggs over the fire in a hot dish with boiling water to cover the eggs.



EGGS SWISS STYLE

Let them stand, covered, where the water will not boil, but keep hot for half an hour, then draw the dish forward and let the eggs actually boil one minute to harden them on the outside. When cold, remove the shells, and, with a knife rubbed in butter, divide each egg in half, slicing a little piece off the rounded ends, that each half may set upright on a dish. Pick out the yolks, pound them with butter in a mortar, add fine-minced olives, capers, anchovies, grated ham, chicken, tongue or a chicken liver; pound till very smooth, season with spiced pepper. Spread each piece of white (using a silver knife) with the force-meat, giving the piece of white a convex shape. Fry a little square of bread for each one, as for canapès, and set an egg on each. Set them on a shallow au gratin dish, slightly buttered, pour a little melted butter over each egg and bake five minutes. Sprinkle rather large bread crumbs, browned in the oven over the whole; serve for buffet supper; for picnics serve cold.



COMPANY CAKE, FOR RECIPE IN DETAIL SEE PAGES 105 AND 106

## Salmon Pie

(To Be Eaten Cold)

Cut one pound of choice salmon in small filets, pour over them some luke-warm water and let simmer about four minutes, then skim from the water. Make three-fourths of a pound of force-meat, use half a pound of halibut, four ounces of fresh butter and four of fine white crumbs; pound all together in a mortar, pass through a wire sieve and season the purèe with salt and pepper to taste (one teaspoonful and a half about). Moisten it with a cup of sauce made of one cup, each, cream and chicken broth and two eggs, well beaten. Line a pie-tin or charlotte mold with a thin layer of pastry; add a layer of the force-meat, then a layer of salmon an inch thick, continuing till the mold is filled. Over the top set a layer of flaky or puff paste, brush it over with white of egg, and bake the pie slowly. When cooked and nearly cold, pour in through a hole made in the top, a cup of broth made from the bones and trimmings of the fish, reduced quite thick by long cooking, and a cup of rich chicken broth, seasoned with shallot, carrot and thyme and reduced by boiling. This is to be eaten cold.

## Dainty White Cake

Two-thirds a cup of butter, one and a half cups of sugar, two cups of flour, two-thirds a cup of milk, two teaspoonfuls of baking powder, one teaspoonful of lemon and the whites of three eggs, beaten stiff.

## Peach Tarts

Make a crust of one cup of ice-cold flour, one-third a cup of butter and some substitute fat, creamed together (only

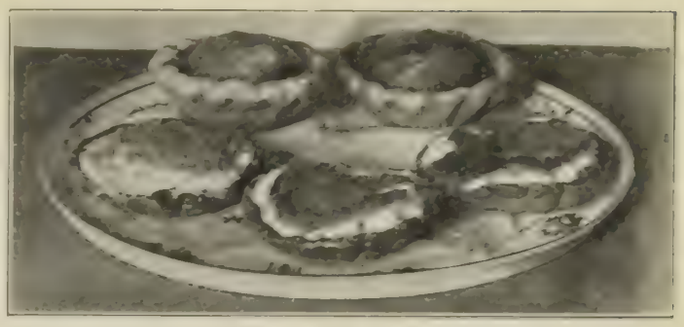
one-third a cup of the combination), one-half teaspoonful of salt, and just enough ice water to make the mixture hold together. Line small tart tins, fill with dry rice and bake carefully. Pare and halve ripe peaches and put in just enough water to cook. As soon as the part that was next the seed begins to look soft, remove the fruit. Add as much sugar as is needed to sweeten the tarts and also cornstarch, moistened in cold water, allowing one tablespoonful to a cup of juice; boil five minutes; add the juice of half a lemon and allow to cool. Remove the rice from the cases, fill with fruit and cover with meringue; brown in the oven.

## Tea Dainties

Two cups of corn flakes, one-half cup of sugar, one cup of cocoanut, either fresh or preserved, one egg, well beaten and a teaspoonful of vanilla. Drop in teaspoonfuls, allowing them to remain uneven. Bake in a moderate oven to a delicate brown. These may be varied indefinitely by substituting nuts and various dry cereals for that given.

## One-Two-Three Dessert

Make any good sponge cake and bake in a sheet about an inch thick. Cut into rounds or oblongs. Make a lemon jelly



PEACH TARTS

fruit dessert, using fresh pineapple and cherries if possible, as well as other fruit. Prepare strips of stiff, glazed paper, wide enough to reach an inch above the cake rounds. Pin this around the cake and fasten. As soon as the jelly begins to stiffen drop it on to the cake as high as the paper collar. Set in the ice box till serving time. When needed, remove the paper and pile sweetened whipped cream on top of each round.

## Hot Water Sponge Cake

Beat the yolks of four eggs thoroughly; add one and a half cups of powdered sugar and cream well. Add the whites, well beaten, one and a half cups of flour, in which has been stirred two teaspoonfuls of baking powder and a pinch of salt. Lastly, add four tablespoonfuls of boiling water; bake in slow oven.

## Orange Sherbet

The quantities given make one quart.



ONE-TWO-THREE DESSERT

Cook together for ten minutes one-half cup of water and one cup of sugar. Soften one tablespoonful of gelatine in two tablespoonfuls of cold water. Pour three-fourths of the hot syrup on to the gelatine. Add the juice of one orange and one lemon. Pack the freezer with ice and salt. Pour into the freezer one-half cup of "top milk" and let it get cold. After ten minutes add the fruit mixture and put in the dasher. Turn till mushy then add the whites of two eggs, beaten stiff, and the rest of the syrup which has been cooked to a thread; finish freezing.

## Hot Weather Drinks

Hot weather demands the "something different" in drinks, and the wise house mother will keep something of the kind in the ice box constantly. The most satisfying drinks are really simple, as far as ingredients are concerned. It is the combination of flavors that stamps the maker as an artist or the reverse. Lemonade should be tart, neither too sweet nor too sharp. All drinks should be ice cold, and nothing is more attractive than the addition of ice pounded to a snow in a stout canvas bag.

## Mint Punch

Wash a quart of spearmint leaves well, dry by shaking and then mash till soft. Cover with boiling water and let stand ten minutes. Strain and set, covered, in the ice box. At serving time add one cup of grape juice and one of red raspberry juice. Sweeten to taste and add as much lemon juice as is needed to bring out and combine the flavors. Stick a tiny sprig of mint in each glass.

## Tea Punch

Make a strong tea, but let it steep only four minutes, otherwise it will become cloudy. Add one-third as much lemon juice as tea, with sugar to sweeten. Keep very cold and when serving add one bottle of ginger ale.

## Lemonade

The best lemonade is made from prepared syrup, in the proportion of one cup, each, of water and sugar boiled for ten minutes. A thin shaving of the yellow rind is an improvement. When the syrup is cold, add the juice of four lemons and allow two tablespoonfuls of the mixture to one glass of water.

## Iced Coffee with Orange

To one quart of strong cold coffee add one cup of sweetened orange juice. Drop a tablespoonful of powdered ice in each glass and top with whipped cream.



HOT WEATHER DRINKS

# Menus for One Week in August

## SUNDAY

**Breakfast**

Cantaloupe
Cream Toast
Coffee Cocoa

**Dinner**

Cold Beefsteak and Kidney Pie
New Potatoes and Peas, Creamed Together
Heart Leaves of Lettuce, French Dressing
Iced Coffee, Whipped Cream
Sliced Peaches

**Supper**

Potato Salad, Summer Style
Bread and Butter Sandwiches
Cocoanut Dainties
Tea

## MONDAY

**Breakfast**

Puffed Rice, Top Milk
Shirred Eggs
Blueberry Muffins
Coffee Cocoa

**Luncheon**

Cream of Parsnip Soup
Brown Bread and Butter
Jelly Roll, Whipped Cream
Tea

**Dinner**

Baked Veal Cutlet, Brown Pan Gravy
Buttered Beets
Browned Potatoes
Tomato Salad
Baked Apple Dumplings

## TUESDAY

**Breakfast**

Ripe Pears
Fish Balls
Corn Meal Muffins
Coffee Cocoa

**Luncheon**

Green Pea Soup, Canadian
Cucumber-and-Lettuce Salad
Hot Rolls
Tea

**Dinner**

Roast Lamb, Mint Sauce
Mashed Potatoes
Green Peas
Lemon Pie

## SATURDAY

**Breakfast**

Sliced Peaches
Cream of Wheat, Top Milk
Creamed Eggs
Coffee Cocoa

**Luncheon**

Chicken Soufflé
Asparagus Salad
Fresh Gingerbread
Tea

**Dinner**

Macaroni Pudding,
Tomato Sauce
Buttered Wax Beans
Mixed Vegetable Salad
Blackberry Sponge

## WEDNESDAY

**Breakfast**

Cream of Wheat and Stewed Prunes
Poached Eggs
Buttered Toast
Coffee Cocoa

**Luncheon**

Fish Chowder
Cucumber-and-Tomato Salad
Toasted, Buttered Crackers
Tea

**Dinner**

Cream of Tomato Soup
Irish Stew
Brussels Sprouts
Baked New Potatoes

## THURSDAY

**Breakfast**

Watermelon
Oat Meal Bread and Butter
Bacon and Eggs
Coffee Cocoa

**Luncheon**

Cold Corned Beef
Pickled Beets
Small New Potatoes, Creamed
Tea

**Dinner**

Cream of Carrot Soup
Roast Chicken with Dressing
Asparagus, Mousselaine Sauce
Mashed Potatoes
Lettuce Salad
Peach Shortcake

## FRIDAY

**Breakfast**

Ripe Red Plums
Corned Beef Hash
Parker House Rolls
Coffee Cocoa

**Luncheon**

Vegetable Soup
Rye Meal Muffins
Apple Pie
Tea

**Dinner**

Clear Tomato Soup
Meat Loaf
Cauliflower, Hollandaise Sauce
Browned New Potatoes
Cherry Pie

# Menus for Institutional Cooking

## ONE WEEK IN AUGUST

### SUNDAY

**Breakfast**

Wheatena, Top Milk
Graham Rolls
Blueberries
Coffee Cocoa

**Dinner**

Hamburg Steak
Mashed Potatoes
Shelled Beans
Sliced Tomatoes
Tapioca Cream
Coffee

**Supper**

Lettuce-Apple-Celery Salad
Rye Bread and Butter
Blackberries
Cookies Cocoa

### MONDAY

**Breakfast**

Cream of Wheat, Top Milk
Small Individual Omelets
Toast
Coffee Cocoa

**Dinner**

Shoulder of Veal, Boiled cut and Fried
Scalloped Potatoes
New Beets
Carrots Glacé
Poor Man's Rice Pudding

**Supper**

Stewed Lima Beans (fresh)
Graham Bread and Butter
Cake for 75
New Apple Sauce

### TUESDAY

**Breakfast**

Oatmeal, Top Milk
Griddlecakes, Syrup
Coffee Cocoa

**Dinner**

Fresh White Fish Chowder
Crackers
Lettuce and Sliced Tomatoes
Blackberry Shortcake

**Supper**

Fish-and-Potato Hash
New Pickles
Rye Bread and Butter
Honey Cookies
Tea

### WEDNESDAY

**Breakfast**

Hominy Grits, Top Milk
Breakfast Corncake
Coffee Cocoa

**Dinner**

Lamb-and-Potato Hash
Egg Plant, Scalloped
Lettuce Salad
Apple Pie
Cheese

**Supper**

Cream of Corn Soup
Crackers
Cottage Cheese
Berries Gingerbread
Tea

### THURSDAY

**Breakfast**

Quaker Oats, Top Milk
Scrambled Eggs in Rice Cups
Bran Muffins
Coffee Cocoa

**Dinner**

Corned Beef
Cabbage, Beets, Turnips, Potatoes
Squash Pie Cheese
Half Cups of Coffee

**Supper**

Baked Corn Pudding, Nantucket Style
Bread and Butter
Stewed Crabapples
Sponge Cake with Cream

### FRIDAY

**Breakfast**

Corned Beef-and-Potato Hash
Sliced Beets
Breakfast Corncake
Coffee Cocoa

**Dinner**

Baked Mackerel
Creamed New Potatoes with Parsley
Summer Squash, Sautéd
Apples Baked with Almonds
Cheese
Half Cups of Coffee

**Supper**

Cream Toast with Grated Cheese
Blueberries, Top Milk
Sugar Cookies
Tea

### SATURDAY

**Breakfast**

Cornmeal Mush, Grated Cheese
Blueberry Tea Cake
Coffee Cocoa

**Dinner**

Veal Cutlets en Casserole
Potatoes, Carrots,
String Beans
Chinese Cabbage,
Russian Dressing
Graham Bread and Butter
Baked Custard

**Supper**

Boston Baked Beans
Boston Brown Bread

# Menus for One Week in September

## SUNDAY

**Breakfast**

Blackberry Juice (sweetened)
Oatmeal Bread, Butter
Broiled Ham
Plain Omelette
Coffee Cocoa

**Dinner**

Chicken Pie (Biscuit Crust)
Boiled New Potatoes, Stewed Corn
Pershing Salad
Cocoanut Layer Cake
Iced Coffee

**Supper**

Boston Brown Bread
Cottage Cheese
Sponge Cake
Tea

## MONDAY

**Breakfast**

Stewed Tomatoes
Fish Balls
Buttered Toast
Coffee Cocoa

**Luncheon**

Creamed Chicken
Baked Bananas
Green Peppers Stuffed with Curried Rice
Oatmeal Bread
Tea

**Dinner**

Succotash, Southern Style
Corn Muffins
Sliced Tomatoes
Cake
Pineapple Sherbet (Canned Fruit)
Coffee

## TUESDAY

**Breakfast**

Gluten Grits with Prunes
Raised Waffles, Maple Syrup
Coffee Cocoa

**Luncheon**

Corn Chowder
Chocolate Pudding
Tea

**Dinner**

Rolled Flank Steak
Scalloped Egg Plant
Baked Bananas
Peach Pie (Meringue)
Iced Coffee

## WEDNESDAY

**Breakfast**

Grape Juice
Cream of Wheat, Top Milk
Baking Powder Biscuits
with Honey
Coffee Cocoa

**Luncheon**

Cream of Parsnip Soup
Sautéd Vegetable Marrow
Cucumber Salad
Iced Tea

**Dinner**

Chops à la Maintenon
Boiled Potatoes, Browned
Swiss Chard
Watermelon
Coffee

## THURSDAY

**Breakfast**

Sliced Peaches
Puffed Rice, Top Milk
Buttered Toast
Creamed Eggs
Coffee Cocoa

**Luncheon**

Cream of Tomato Soup
Cheese Soufflé
Oatmeal Wafers
Tea

**Dinner**

Meat Loaf
Creamed Boiled Onions
Buttered Lima Beans
Lettuce Salad
Banana Cake
Coffee

## FRIDAY

**Breakfast**

Corn Flakes, Top Milk
Fried Tomatoes
Buttered Toast
Coffee Cocoa

**Luncheon**

Curried Mutton with Rice
Cucumber Salad
Gooseberry Pie
Tea

**Dinner**

Halibut Turban, Tomato Sauce
Browned Baked Potatoes
Scalloped Salsify
Lemon Ice
Sponge Cake
Coffee

## SATURDAY

**Breakfast**

Berries
Corn Meal Griddle Cakes
with Maple Syrup
Coffee Cocoa

**Luncheon**

Baked Eggs with Cheese
Toasted Crackers
Lettuce and Prune Salad
Tea

**Dinner**

Baked Beans
Mustard Pickles
Tomato Jelly Salad
Boston Brown Bread
Coffee



# Food Notes for August-September

By Janet M. Hill

AUGUST and September are two of the busiest months of the year. At this time, for the sake of economy and pleasure, some of the surplus from the garden and orchard should be put away for future use. It is wise to put up no more than will be consumed in the coming year. In small families put up only such quantity of vegetable as can be taken care of while getting a meal, thus conserving time and fuel. With some vegetables, as beets or string beans, prepare a generous measure for dinner, storing the oversupply in a can. Either the open kettle or the cold-pack process may be used. In both cases, cook until a fork pressed into the bean shows the proper degree of tenderness has been reached. It is no economy to store string beans of too large size. Often fruit must be put up in larger quantity at time of purchase.

## Fruit Juices for Jelly

As for fruit for jelly, often a large quantity must be taken care of at once. Heat the fruit in a double boiler, or, by taking more care, in an ordinary sauce pan, until the juice flows freely; drain in a cloth or bag; reheat to the boiling point and store in sterilized jars, as in all canning where the open kettle is used. Water may be poured upon the contents of the bag from which the juice has been taken. then the whole boiled again, drained and used in making really good jelly, of scarcely less flavor than that of the first extraction. With a supply of various fruit juices in the store room, combinations, as apple-and raspberry, currant-and-raspberry, etc., may be made, using the apple, or less expensive juice, in smaller quantity than the other.

## Chickens

Chickens are now available, and there seems to be absolutely no end to the ways in which these may be prepared. Each little bit of left-over cooked chicken and all broth should be looked after scrupulously. By making a cup of sauce of broth enriched with one or more spoonfuls of cream, then adding bits of chicken with a few canned peas or asparagus tips, a most pleasing luncheon or breakfast dish may be prepared. Butter small ramekins and put chicken-mixture in each; above break an egg and set into the oven long enough to cook the egg. A spoonful of sauce or a little grated cheese over the top of the egg insures more delicate cookery of the egg.

## Salads

Some form of salad is a pleasing addition to hot chicken cooked in any way; lettuce, endive, cress or sliced tomatoes with French dressing cannot be improved upon. Hominy or rice, or a fruit jelly, as currant, are other suitable dishes to accompany chicken.

## Pickles

Pickles of various kinds take considerable time at this season. For a plain crisp, cucumber pickle, soak the cucum-

bers over night in alum water, a scant teaspoonful of alum to a quart of water; rinse in cold water, pack in jars with a few whole spices and seal secure. Use but few black-pepper seeds, as they tend to make bitter pickles. Now also is the time to prepare mustard pickles.

Several recipes in this number are adaptations from Wyvern. In "Culinary Jottings," the sixth edition of which was printed in 1891, Wyvern, an English officer in Madras, gives as the items essential to a menu for a "cosy dinner,' soup, fish, a well-chosen entrèe, one joint only, game, a dressed vegetable, one entremet, sweet, an iced pudding, cheese with hors d'oeuvres and dessert. He ends his discoveries by saying "educated people who have traveled and who have had opportunities of forming refined notions of human nature, in general, and of food in particular, ought to be better satisfied with a little, really well-considered, than with abundance inartistic in its arrangement and indifferently served." In Wyvern's time, the "backbone and true essentials of cookery were eggs, gravy, cream and butter." In our modern days, the backbone of cookery for a cosy dinner necessarily must be supplied in rather scant quantities.

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# Reconstructed Grape Jelly

## By Wealtha A. Wilson

A LITTLE fellow whose entire school life numbered less than four months startled his mother, one day, by straightening up suddenly and saying, "Oh! I can remember the time when I didn't know so much!" Many a housewife can echo the little man's exulting cry. Like him,they are trudging along, sturdily and happily, on the Highway of Knowledge, equipped with that enviable possession of childhood, the teachable spirit. Without that spirit living is merely a vain "going through the motions," and the work accomplished amounts to the merest imitations and repetitions. That which restored the teachable spirit to American housewives was their determination that the Allies should not starve as long as America could stint herself and send her best to starving Europe. That experience was a God-send to American women. They are just beginning to realize the extent of the blessing.

They are just beginning to realize that they have never yet examined their food materials enough to know just what can be gotten from them, not through penuriousness, but through the artistic instinct which strives to put every created thing where it can show to its very best. It is the opposite of this spirit that is responsible for the atrocious and wasteful dinners cooked "in a jiffy" and paid for, too often, by months of doctor's bills and wrecked homes. The reconstructed housewife has glimpsed the tenets of the truest art and the deepest philosophy.

Reconstructed grape jelly is not far removed from these lofty themes. It puts conservation in place of wastefulness, and perfection in place of goodness, that demands an apology for not being better. Grape jelly has always been a sort of "poor relation" among jellies. It has never "made good" entirely. It has always had a way of developing crystals when jelly was needed in the spring time, and it was never quite straightforward about turning into jelly. Give it a chance and treat it right and see what it can do.

### Ripe Grapes or Green Ones

Any kind of grapes can be used for jelly, but each kind will give its own kind

of jelly. Green, that is, unripe, grapes seem more willing to turn into jelly than the very ripe ones, according to the old theory. Different varieties give jellies that vary in color and flavor. This fact opens up fascinating hours for the eager housewife. The new jelly will compare favorably with the finest crab or quince, even when made from fruit so ripe it falls from the stem. Any woman who makes it successfully will find herself unable to fill orders should she wish to add to her income.

## Making Two Kinds At Once

Ripe grapes are referred to in the following directions. Take half the grapes in a small grape basket and wash carefully by lifting the bunches up and down in cold water. Have ready two granite saucepans and drop the pulps with the escaping juice into one pan and the skins into the other. In each pan place one medium tart or unripe apple, sliced, the juice of one-half lemon and half a cup of water. Into the pan containing the skins, put two level tablespoonfuls of ground cinnamon and one of ground cloves. Allow the contents of each pan to simmer slowly until the pulp has softened enough to loosen the seeds and the skins in the other pan are thoroughly soft. Do not cook enough to release more than all the juice, however. Have ready two jelly bags and empty the pulps and juice into one and the skins and juice into the other. Allow to drip without squeezing, as otherwise the jelly will not be crystal clear. All the juice will drip out if time is allowed.

## Only Two Glasses at a Time

Never attempt making more than two glasses at one boiling. Jelly, made in small quantities, is much more satisfactory in every way and time is saved in the end. Measure two and a quarter glasses of juice and exactly the same quantity of sugar. Stir well and allow ten minutes from the time boiling begins. Avoid furious boiling. The best way to test jelly is to dip a spoon, tip down, into the juice. Allow the juice to drip back into the pan. If the hot juice coats the spoon like molasses, the critical moment is near. When the juice forms in a heavy drop on the tip of the spoon and breaks away sharply the jelly should be removed from the fire at once. Practised jelly makers spy twin drops formed on the edge of the spoon just as the jelly is perfectly made. *Overcooking takes the jelly past the jellying stage, and nothing will restore that lost property.*

## Last Minute Hints

While the jelly is cooking take two tablespoonfuls of the dark juice and add it to the light-colored juice. This gives a delicate, crabapple pink tinge.

As soon as the jellying stage has been reached remove the pan from the fire and allow all movement to cease. If there is a thick scum that needs removing, it should be taken off very carefully before attempting to fill the glasses. If this scum breaks as the jelly goes into the glass, it will distribute itself throughout the mass and destroy the appearance of the jelly.

The light-colored jelly can be used wherever the choicest jelly would be served and the dark, spiced jelly is especially fine with meat or fowl.

Jelly, made very late in the autumn from over-ripe grapes, should have the juice of an extra half-lemon allowed, and also about a fourth more of grapes and water on account of the added amount of softened cellulose that mixes with the juice and must be removed, at the last, with a consequent loss of more or less juice.



# Pests Made Profitable

By Ida R. Fargo

ABBIE ANDREWS had come to the end of her vacation, which was never long at best. Back in town the air still seemed stiffling; it failed to refresh one's heat-jaded nerves. But Abbie was more resourceful than some, perhaps because her tastes in life, as well as in food, did not require high seasoning she took to riding every week end to the trolley's fartherest out-post, now in this direction, now in that.

"What makes you do it, Abbie?" complained a girl in the same office. "You miss so much. Catch me gadding off into the outskirts of Nowhere with 'Mary' and 'Charlie' at the movies!"

Abbie laughed, a little lilting laugh that always made people wonder what was so happy in her heart.

"Miss so much?" she considered. "But I gain more. Didn't you ever obey an impulse to picnic in the wilds, or tramp 'cross a pasture — bulls being absent — or find out where a trolley would take you to?"

"Not me," affirmed the admirer of the movies.

"Then you've never heard the call of a wild weed patch," said Abbie Andrews, sedately. "It's you who are *missing so much* — you must be a little deaf," teasingly. "Why, don't you remember that Nature-lecture we girls went to last winter? You enthused as much as any of us, I remember. And what was it the man said — 'Nothing like a wayward bit of Mother Earth to grip the human heart, nothing like a wild weed patch! It is a magnet, swinging us all around into line like iron filings. It isn't a run-down condition that makes most of us take a vacation, it's the call of a wild weed patch!' Wasn't that it? — And I've just been obeying the *call* — because I'm not deaf" with a whimsical lift of eyebrows.

"The colors of that man's wild weed patch," quoth Abbie's companion, "is what got me; the will-o'-the-wisp colors, teasingly tantalizing, bewilderingly inconsistent — ripe grasses and dust- bloom grapes, yellowy going-to-seed golden rod and falling-to-pieces posies — and the purple, purple distance for perspective."

Abbie nodded. "I'm trolleying out to a piece of that purple perspective this very evening — Nellie Whythacomb's place; remember her? She used to be Greer and Company's cash girl. Want to go along?"

"Wish I could, but I can't; another engagement," regretfully.

"Then come next time," coaxingly.

"I believe I will, but where to?"

Abbie Andrews shook her smooth brown head. "Don't know," she said. "Wherever the *call* comes strongest, but one thing sure, I'm going to trolley into the outskirts so long as the autumn coloring lasts." She considered a moment, "And, maybe, after that, I'll be wanting to go look at stretches of snow! As my Aunt Janie says, 'I dunno but I will.'"

"Don't — you'll convert me," grimaced the movie-interested girl.

"But tonight it's out to Nellie's — and the dearest little supper! You never could guess, it's popped popcorn ground in the little food-conservation mill, piled up in deliciously deep saucers, and eaten with fluffy whipped cream. . . . Oh, it's one of Nellie's originals — now don't you wish you were coming? — but there's my car! Goodby, and good luck with the 'other engagement,'" mischievously.

So this is how Abbie Andrews happened to be spending a certain week-end on a certain little suburban farm of a dozen acres; and how she happened to be standing one sunshiny morning with Nellie ruefully surveying one corner of the garden square.

"Oh," sighed Nellie, "we never, never, never can get rid of this horse-radish pest. Every spring we plow it up, and every summer it grows thicker and thicker, and spreads farther and farther. I never saw its equal, never! Every tiny bit of broken root takes a hold on life and grows, and grows, and grows! like Jack's beanstalk, and a harrow drags it from Dan to Beersheba."

"My landlady has been trying to grow a root in her back yard garden," said Abbie, musingly, "but the soil don't seem to be just right. You see, we're so fond of it at our table, if I'm not on the tick of time, I'm liable not to get even a smell. Everybody dives for the horse-radish dish the first thing — I guess they know they have to, if they get any."

"I'll send some in to your landlady," offered Nellie in a rush of impulse. "I haven't forgotten boarding-house days."

"Why, why don't you sell it? Furnish it all the time?" Abbie's brown eyes were speculatively taking in the size of the corner patch. "Yours is so good, you make it up so well —"

"It isn't bad to do, now that I grind the roots in the meat-chopper instead of trying to grate them."

"Aunt Janie says there's always easier ways of doing anything if a body just finds 'em," agreed Abbie Andrews. "But I'll take your sample into my landlady, and we shall see what we shall see."

And out of so small a beginning grew Nellie Whythacomb's business in herb growing. For when her friend came back on her next trolley trip she brought an order for horse-radish that made the one-time cash girl of Greer and Company open her eyes in amaze.

"Why—?" she said. "Why—why —!"

"Why — !" laughed her brown-eyed friend. "Yes, why? Why don't you grow herbs and sell 'em? I'm thinking your horse-radish *pest* is going to be a *profit*. Besides, there's other things, and a lot of 'em ought to be started in the fall. There's sage, — Aunt Janie couldn't keep house without sage."

"Well, I wouldn't want to get along *without* sage," admitted Nellie. "Nobody would who had much cooking to do."

"And we who sit at the table have something to say, too, acclaimed the one of the smooth, brown head. "There's the baked sausage balls that Aunt Janie makes. Two or three cups of left-over vegetables she takes, most anything that isn't sweet, potatoes or cabbage or beans or turnips or corn, just left-overs, usually several kinds, and runs them through the food-chopper, adds a cup of tomato juice and pulp, a cup of graham bread crumbs, salt, pepper and an egg. Into this she chops a cup of uncooked sausage, along with *plenty of sage*, makes the mixture out into little flat sausage cakes, dips in beaten egg and bread crumbs, fits 'em into her big flat bread-tin and bakes them till brown and well done. My, but they are good! They use up the left-overs, and really take very little meat."

"I think I'll try them," mused the little farm lady.

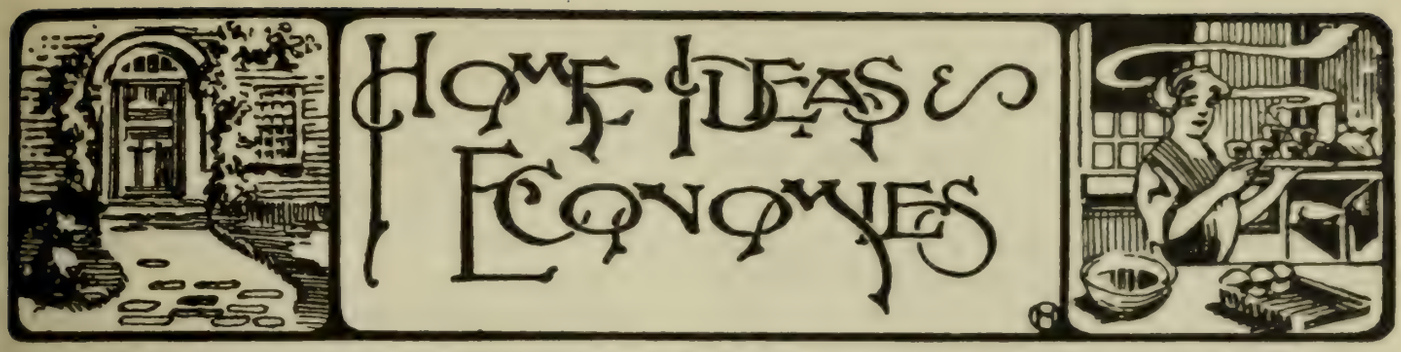
Abbie nodded. "But once," she went on, "Aunt Jane had company in the kitchen; she says company ought to have better sense," whimsically, "than to come out'n the kitchen bothering about the cook; 'cause, if company does, the cook is sure to 'leave suth'in out'n suth'in.' This time, Auntie left out the sage. My goodness, you ought to have seen the eyes we turned on her when we began to eat. We knew something was wrong, right away. But we didn't know what, not exactly. . . . Funny what a little bit of seasoning will do to a thing."

"Not so very," murmured her listener. Then, irrelevantly, "I could grow a lot of 'seasonings' on a little place like this."

"That you could, and I suspect it would pay better than a meadow full of pigs," with a sort of idle interest. . . .

And it did; because, as we said, that was the beginning of Nellie Whythacomb's new venture, which turned a pest into profit, and put on the local market

*Concluded on page 148*




**Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.**

## A Raisin For Every Day

A GOOD appetite needs no brush. It relishes good, well-prepared, wholesome food. A food is wholesome when it is enticing and relished in the eating!

Food consumed under these conditions gives the minimum of work for the system; health is promoted, efficiency is increased, and the whole outlook of life is brightened.

It is when we scorn natural food and scamper after artificial gratifications and indulgences that our bodily powers are weakened with the result the old Roman, Seneca, states: "Man does not die, he kills himself."

A common enough, yet little used, article of food, that is worth many times its weight in food value, is the raisin. They are cheap, indeed, the very best of them, considering their calorific value. Thanks to the chemists are due for calculating for us the raisin's calories, in comparison with such standard foods as eggs and beefsteak. Their finding speaks with weight in favor of the raisin, when they show that the food power in one pound of raisins is more than double that of one pound of eggs and about one-third more than that contained in one pound of beefsteak.

The grape, it is worth noting, has always been extolled and its old-time virtues and merits survive in our raisins of today. Raisins abound in fat, protein, phosphorus and iron in the best possible form to be easily assimilated by the human system. The raisin is more than three-fourths carbohydrate and contains the bulk of its sugar content in the form of fructose and levulose. Then the protein of the fruit is important, while its acid qualities spur on digestion and help assimilation, the appetite being piqued by the agreeable flavor imparted to food prepared with raisins.

Then if we had exhausted the virtues of the raisin, still it would be deserving of a large place on even the humblest board, for it has other valuable properties. Of all the dried fruits none are so rich in mineral matter, a natural constituent our bodies cannot do without.

The quantity of organic iron contained in raisins is surpassed by no other fruit or vegetable. Besides iron, raisins contain small quantities of such minerals as sodium, phosphorus, sulphur, potassium and calcium.

Raisins are produced from fine, delicate, delicious, thin-skinned grapes, grown on the Pacific Coast, where they mature nicely. They are then dried in the sun and by artificial heat.

There are three kinds:

Seedless Raisins (grown without seeds).
Seeded " (seeds removed).
Clustered " (on the stems).

There are so many uses to which the raisin will lend itself that it would be superfluous to give recipes, but a cup of seedless raisins cooked in the kettle of stewed, dried apples makes a dish, in our estimation, literally kingly!

In coffee cake we couldn't do without raisins. A handful of raisins put into the dinner pail of either child or adult is a real find.

Raisins stewed gently in plenty of water and the juice poured off, and sweetened and cooled, provide a finer drink for feverish patients than that made with prunes.

Fondant, flavored with a little wistaria and pressed about a seedless raisin, makes a delightful confection.

Stewed prunes and raisins together are an improvement over either, singly.

Raisins in boiled rice and puddings add much to the food value of the rice.

Raisins added to the filling for cakes give a richness and flavor all their own.

Raisins, chopped, are frequently added to the various salads we serve in our home.

A handful of good seedless raisins, added to the pot of beef soup an hour before it is desired to serve it, is a wrinkle practised by a chef I know, and is only one of his many ways of giving zest, individuality and flavor to his cooking.

* * * F. M. C.

## If You Do Your Own Tinting

WHEN our new home was finished we had spent all our spare change and the walls were left untinted. In some of the rooms I did not dislike the gray plaster tint, and so they still stand, but my sitting and dining rooms I wanted tinted a pretty tan.

"I'll do it myself. It can't be hard, I'll follow the directions, and we'll use a water tint," said the Man of the House. "I know I can do it the next set of holidays."

And so he tried, alas and alack! Whether it was a defect in the plaster, in the walls, or what, I cannot say, or if the amateur tinter did not do right in all ways. He had procured the right kind of tools and studied directions. But the tint dried in streaks. The brush marks would show in spite of all care.

Finally, the Man of the House went to a friend who did this particular kind of work, tinting walls. It was his business; and, they say, there are tricks in all trades. Perhaps, this isn't a trick. It may be only a device, but it worked. What more could we want?

"Get some glue, melt it up, thin it with water, hot water, and add a small quantity to each pail of water tint," advised our tinter-man friend.

We got the glue. We followed directions. We awaited results with fear and trembling. . . . Glory be! It worked. Not a brush mark showed! Not a streak anywhere! The Man of the House seemed to be doing as well as if he did tinting for a business instead of a pleasure(?). My sitting room was finished. My dining room was finished. And, like the Little Wee Bear's porridge appeared to Golden Hair, it was *just right.*

I still have my pretty tan walls, and I am perfectly satisfied. The money we saved bought pretty curtains for the windows. But, isn't it strange? the Man of the House swore off on tinting plaster walls. From that day to this he has refused to try his hand at the trick again. One of the neighbors tried to get him to tint some rooms for them,—nothing doing! "Get somebody who knows how," grinned my obliging mate.

But, because the suggestion is a good one, and works to a dot, I give it to you. Perhaps some one else would like to try it. And, perhaps, if they do not try everything else first, and fail, they will not feel as My Man of the House feels about it. It may be, some one else will like to try a hand at it even a second time. I've known plenty who do.

I. R. F.

* * *

A FACT that every mother should bear in mind when taking children out for the customary summer picnics, is that they should not be allowed to drink water from any small stream until it has been thoroughly boiled. Where the country is at all thickly settled there are constantly cases of typhoid which may infect the nearest stream, and small bodies of water, even if running in the sunshine,

do not immediately purify themselves. Several cases have been traced to just such careless picnic luncheons, and the only safe way is to see that water for drinking or for tea or coffee has been boiled at least twenty minutes.

A visit to the tropics teaches one two things, which can be put in practice in the northern markets. The first is to try a pineapple by pulling the stiff leaves at the top. When they will come off easily without jerking, the fruit is just ripe enough. This is the West Indian market woman's method, and a few experiments with it will make one quite expert. The second is that the nearer the surface the eyes are in a cocoanut, the fresher it is, and this freshness insures an advantage in flavor and in the amount of milk which the nut contains, a fact that the ordinary buyer commonly overlooks. The milk, which is often thrown away, will make a delicious cocoanut ice, or will add flavor to cocoanut cake or candy. The most economical way to secure it is to drive nails through the eyes and let the milk drip into a bowl before the nut is cracked.

It is a tradition in our household that when currant jelly is made, raspberry and currant jelly must also be manufactured. Probably the idea first came from an economical desire to use up the small fruits before they withered with the heat. Whatever its origin, we have come to like the jelly thus made much better than the plain currant, and as it is very easily prepared, and makes a variation in the day to day diet, it deserves the consideration of every housewife.

The recipe is as follows: To two quarts of red or black raspberries allow one quart of red currants. Put the fruit over the fire until it is completely broken to pieces, strain, and to each pint of juice allow one pound of sugar. Boil the juice twenty minutes, heating the sugar meanwhile. At the end of the period unite the two and let the liquid again come to a boil to make certain that the sugar is completely dissolved. Roll the glasses in hot water, fill and cover as for any jelly.

This jelly has an exquisite flavor, and we have used it in many ways. It is especially good for cake, and it is also excellent for melting, and, with a little lemon juice added, using as a sauce with plain vanilla ice cream. In this liquid state it makes an excellent sauce for cottage pudding; mixed with lemon juice and water it can appear as an impromptu drink a little more elaborate than plain lemonade; it is very nice in Queen of all Puddings, or on the top of Floating Island, and it may be used as a delicious flavoring for fondant or for chocolate candies. M. V.

The best way of all is to can the currant juice and the raspberry juice whenever available, then unite the two and make the jelly when needed.
—EDITOR.

* * *

## No More Tears if You Use Goggles When Peeling Onions

SINCE time immemorial one of the bugbears of the housewife has been the irritating fumes that rise up and cause the eyes to smart and weep copiously when one is peeling onions. But this trouble has been overcome in a very simple manner by a Chicago woman. All you have to do is go out and buy a cheap pair of automobile goggles, costing ten cents, put them on, and then you can peel onions all day without the slightest discomfort. Furthermore, the goggles will be found useful in doing other household work that causes much dust to arise, and when ammonia and similar substances, which give off irritating fumes, are used for cleaning purposes. The glass in these goggles is perfectly clear, hence, they do not interfere at all with the user's sight. R. H. M.

* * *

## Save Your Cake Crumbs

WHEN rich fruit cake is cut, there is always a handful of luscious, fruity crumbs left in the pan. If these

are allowed to accumulate with each successive cutting until the cake is gone, there will be enough to make a most delicious fruit pudding, the pride of a holiday dinner.

Here is the recipe: Two cups of crumbs (if you have not quite enough cake crumbs, piece out with a few toast or bread crumbs); the yolk of one egg and three-fourths of a cup of sugar, creamed together; one and one-half cups of milk; a grating of nutmeg. Bake, and serve with the following sauce: one cup of sugar, one-half cup of water, one tablespoonful of butter, one heaping teaspoonful of cornstarch; flavor with extract to taste. H. S. J.

* * *

## Getting Your Money's Worth

PURCHASE only what you need, and by all means, take care of what you have. Clothes should never be allowed to go unmended or to whip in the wind, and even long soaking shortens their life. A wise man once said, "It is not what you earn, but what you save, that makes you rich." In these days, few of us expect to be rich, but for our own sakes, as well as for that of others, we must get full value from what we have. However, do not go without a necessity, provided you have the price. It is neither wise nor just. The "other fellow" needs the money. But mere gratification of desire is not to be thought of. Until one tries, he never knows how much enjoyment there is in simply looking at things. If the five and ten cent stores have what you need, patronize them. They contain many things of value, which cost considerably more elsewhere.

### Saving the Pennies

Today, it is not "How much can I spend?" but, "how much can I save?" Not, "Pooh, it's only a dollar!" but "how can I make this dollar do the work of two?" Doing one's own sewing and mending help materially, and fortunate is she who can trim her hats as well. "Necessity is the mother of invention." Tasty garments may, often, be fashioned from odds and ends, and bright bits used as trimming will make the scanty pattern suffice. Many a mother knows the knack of dyeing and turning and cutting down. To do it well requires taste and care and judgment, but what mother ever failed to meet the demand on her? Even "made-overs" look well, if not slighted. Old garments and old carpets make pretty rugs, and if one must, Sarah's worn dress, your petticoat and Aunt Jane's flannels may be combined to furnish warmth to an otherwise scantily covered bed. Do the work in the simplest and quickest possible manner, however. Much time spent on old materials is not desirable. Old tablecloths and napkins darned or cut into lunch cloths, children's napkins, bread wrappers and wash rags considerably prolong their usefulness, and partially worn out shoes should be patched and half-soled. Throw away nothing which has possibilities, and few things have not.

E. J. D.

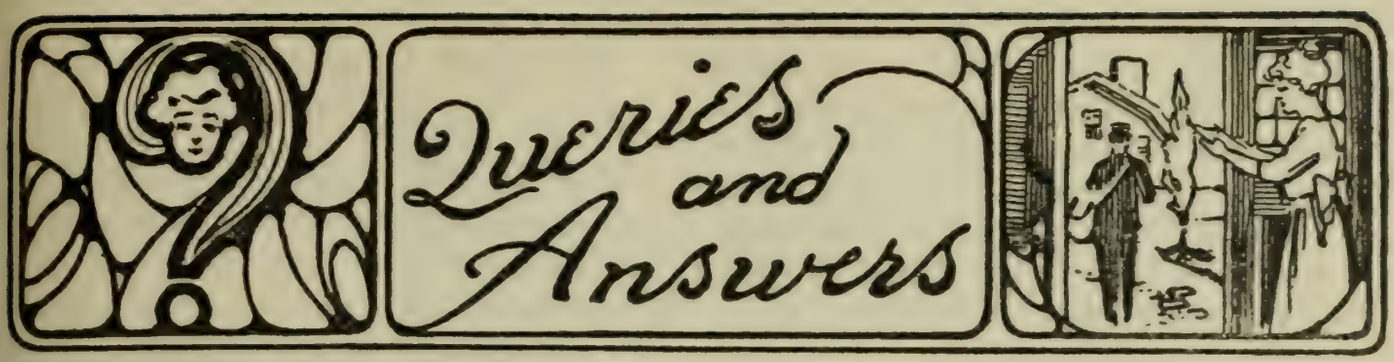
* * *

## Continental Bread Soup

DELICIOUS AND NUTRITIOUS, SPECIALLY GOOD FOR CHILDREN AND AGED PERSONS

SOAK old bread (rye, graham or white) till it is soft; squeeze out the water. Pour on boiling water enough to make a soup of the desired consistency. Cook until the bread is turned into mush; add a piece of butter (about a level teaspoonful for one person), raisins, and cinnamon and sugar according to taste, half as much milk or cream as water used; cook ten minutes.

Remove from the flame and stir in the beaten yolk of an egg. Beat the white to a stiff froth with sugar and flavoring extract and put it by teaspoonfuls on the soup ready to serve; one egg for soup for two persons. I. F.




THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope For menus, remit $1.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 4074. — "Please tell me what is wrong with my Lemon Pies. There is always an amount of liquid that soaks into the lower crust. The meringue does not fall nor shrink away from the crust. I have many calls for individual lemon pies, but am afraid to try them."

## To Keep Lower Crust Dry in Lemon Pies

There are several causes that might account for the condition of which you speak.

Do you cook the custard before turning it into the crust?

Does your oven bake well on the bottom?

Lemon-pie filling should be cooked in a double boiler until it is as thick as needed for the finished pie, making allowance for the fact that the filling is hot. There are two reasons for this, the chief one being that long cooking is needed for the starch required for thickening. If the starch is thoroughly cooked, there cannot be an accumulation of liquid. If milk is used, cook the custard well and add the lemon juice when half done to avoid curdling.

Some cooks bake the crust without the custard and put the two together just before serving. It is possible to make the finished pie at one baking, however, and have a dry lower crust. The oven must bake well on the bottom and begin at once.

QUERY No. 4075. — "Kindly give a recipe for Chocolate Pudding made of bread, and also one without bread."

## Chocolate Pudding with Bread

Cut bread into fingers an inch and a half wide and long enough to line the bottom and sides of a buttered mold. Butter both sides of the bread very lightly. Pile fingers of bread loosely, log-cabin fashion, inside the mold.

Fill the mold with a custard and allow it to stand for a while, especially if the bread is dry. If necessary, add a little more milk. The mold should be filled to within an inch of the top. Place on several layers of thick paper in a pan containing hot water. Bake until the custard is set, but do not allow the water to boil. To make the custard, allow one pint of milk, two tablespoonfuls of flour, eight tablespoonfuls of sugar, four eggs, well beaten, and one teaspoonful of vanilla. Melt four squares of chocolate and stir into the sugar.

## Sauce for Chocolate Pudding

Cream together one-half cup of butter and one cup of powdered sugar until there is no sound of the sugar. Add one teaspoonful of vanilla and fold into the stiff white of one egg.

## Devil's Food Chocolate Pudding

Melt four squares of chocolate in a granite sauce pan; add one-half cup of sugar and one-half cup of milk. Cook till it makes a smooth syrup. Add one egg, well beaten, and cook slowly till smooth and rather waxy. Set aside to cool. Cream together one-half cup of butter, and one cup of sugar. Add one egg and the yolk of another, one cup of

milk. Add a tablespoonful of hot water to one teaspoonful of soda and add to the cool chocolate mixture. Add this to the cake mixture and mix thoroughly; add two cups of flour. Fill a buttered mold to within an inch of the top, cover the mold and steam an hour or longer.

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QUERY No. 4076. — "All my Pie Crust turns out tough. Will you please help me?"

## Recipe for Tender Pie Crust

It is impossible to make good pie crust unless the proportion between flour, fat and wetting is adhered to exactly. But positive skill is needed to secure the full benefit from the wetting. When the fat and flour have been thoroughly combined, the mixture is granular, like rather coarse corn meal. A fork is useful for tossing the dry particles together, as the wetting is added a little at a time. Let the moist dough be pressed against the dry part before adding more wetting. *If pie dough is wet it will be tough.* More failures are due to that fact than to any other. Pie dough should never be more than moist, and it should just hold together and scarcely that. Practice will give skill in using the wetting almost a drop at a time.

Mix together, thoroughly, one cup of flour, one-fourth teaspoonful of baking powder and one-half teaspoonful of salt. Work in three level tablespoonfuls of lard and then toss together with not more than one-fourth cup of ice cold water. Try to get along with less. Pastry can be kept for several days in the ice box, but not on the ice.

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QUERY No. 4077. — "Can you give me a good Drawn Butter Sauce for puddings and a good substitute for whipped cream as a sauce?"

## Drawn Butter Pudding Sauce

Rub together two tablespoonfuls of flour and the same of butter. Add gradually two cups of boiling water and one cup of brown sugar. Cook till thickened and clear. Flavor with lemon or vanilla.

## Whipped Cream Substitute as Sauce

Mix together two tablespoonfuls of corn starch and the same of sugar. Add two cups of sweet milk and cook in a double boiler till thickened. Pour slowly over the stiff whites of two eggs. Beat well, return to the fire and cook till the consistency of cream.

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QUERY No. 4078. — "Will you please give recipes for Sour Cucumber Pickles and Sweet Cucumber Pickles? Mine lack flavor. Also the recipe for Park Liner Pudding."

## Recipe for Sour Cucumber Pickles

Make a brine that will float a fresh egg. Soak the pickles over night or longer if not convenient to attend to them. In the morning take from the brine, rinse in cold water and wipe dry. If they have been in brine a longer time, test for saltiness and soak in clear water till right. For each quart jar allow two heads of dill, two bay leaves broken in bits, one-fourth ounce of mustard seed (white) and twelve whole cloves. Also slice one small horse-radish root and one small piece of ginger root. Cover these with vinegar enough to cover the pickles and bring to a boil. Tie one tablespoonful of mustard in a thin cloth and put into the vinegar. Pack the pickles nicely in glass jars and distribute the spices evenly when packing. Fill to the top with hot vinegar (as soon as it has reached the boiling point it must be taken from the fire) and seal while hot.

## Sweet Cucumber Pickles

Soak in brine, as directed for sour pickles, freshen and pack in jars. The same spices as given for sour pickles will do or a different flavor will be given by using one-half ounce, each, of coriander seed and celery seed and a few allspice berries instead of the horse-radish and dill. Weigh the pickles and allow half as much brown sugar as pickles; half sugar and half honey is good. Bring the

# CRISCO

*For Frying - For Shortening*
*For Cake Making*

# better for all purposes

Crisco is a vegetable cooking product, the cream of wholesome vegetable oils. It is pure, white, tasteless, and odorless, and does not turn rancid.

Crisco is all richness, and is unsalted. It costs only about half as much as butter, and goes farther in cooking, because even the best butter is one-fifth water and salt.




Crisco is sealed in this air-tight, dirt-proof, convenient package. Order it today at your grocer's. All sizes, from one pound, net, up.




**Send 10 cents for this 25 cent book:** "The Whys of Cooking." Tells why Crisco makes foods more delicious and digestible. Tells how to set the table and serve meals. Gives over 150 appetizing recipes, with many colored illustrations. Written by Janet McKenzie Hill, founder of the Boston Cooking School and Editor of "American Cookery." Address Dept. A-8, The Procter & Gamble Company, Cincinnati, Ohio.

## *Use Crisco for all kinds of cooking.*

### *For Frying*

Crisco fries without smoking. This means a clean, sweet-smelling house. Crisco gives up its heat more quickly than lard. Thus it forms a protecting crust around food the instant it is dropped into the kettle, keeping the fat out, and the flavor in. No greasy taste to Crisco-fried doughnuts or fritters. And no waste of fat—just strain the melted Crisco and use again. The Crisco retains no taste of food it has fried.

### *For Shortening*

Crisco is a more delicate shortening—and a richer one. Use it in any recipe, and you'll have lighter, flakier, tenderer pie-crust, biscuits and muffins than you ever tasted. And they'll be more digestible, because Crisco is a *vegetable* fat.

### *For Cake Making*

Add salt to Crisco, use it in cake, and you'll have the butter taste at half of butter cost. Use one-fifth less Crisco, or your cake will be too rich. Enjoy fine cakes, cookies, puddings and other desserts. Crisco makes them economically.

PROCTER & GAMBLE PRODUCTS · EST 1837 ·

vinegar, spices and sugar to a boil, and continue for five minutes; pour over the pickles in the jars; seal while hot.

We are not familiar with Park Liner Pudding by that name.

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QUERY No. 4079. — "Will you please give a recipe for a Cooked Salad Dressing that has the mild taste of real mayonnaise and will keep for two weeks?"

## Cooked Salad Dressing That Keeps Well

This dressing keeps for two weeks if sealed and kept in a cool place. Mix together one tablespoonful of sugar, the same of olive oil and salt, one scant tablespoonful of mustard; add the beaten yolks of three eggs and cook over water until thick. Add one cup of milk or, better yet, sour cream, and continue cooking till a smooth custard. Beat the whites stiff and pour the dressing over, beating constantly. Return to the hot water and cook till smooth, stirring constantly.

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QUERY No. 4080. — "Could you send me a recipe for a Salad having a mold in the center of the appearance and consistency of Bavarian cream, but tasting as though made of cream cheese, possibly with a basis of gelatine and whipped cream, with sections of grape fruit and orange on lettuce leaves around the base; also, a dressing, if necessary, for the same?"

## Molded Cream Cheese Salad

A very dainty salad, such as you describe, could be made from junket cream cheese. Use a rich grade of sweet milk, heated to barely lukewarm temperature. It is useless to use junket, if that temperature has been exceeded, for the milk has been changed, chemically, so that junket will not act. Use at least four times as much milk as you will need of cheese and follow directions on the package for amount of junket to use. Let stand over night, or until very firm. The milk must not be moved after the tablet has been put in. The next morning turn the curd into a thin bag and hang in a cool place to drip. After a while pressure may be applied and a dry curd secured. The drier the better. Turn into a bowl and break into small pieces. Add salt and work well; add rich cream cautiously, working smooth after each addition. The point is to secure a smooth mass and avoid making it too moist. Cream cheese can be molded to keep its shape, but the addition of gelatine to the cream, a little in excess of the amount necessary to that amount of cream, would insure a firm mold. A ring mold would be pretty with lettuce hearts in the center. A very delicate coating of French dressing put on the lettuce just before sending to the table would insure a fine salad. The orange and grape fruit sections could be arranged around the base. A mayonnaise made with just a hint of mustard, a few pinches of curry powder, a full amount of salt and all lemon juice instead of vinegar, would be appropriate. Add whipped cream to the mayonnaise before using. In case a mayonnaise is not used, make a sharp French dressing, using only oil, lemon juice and salt.

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QUERY No. 4081. — "Will you kindly publish a recipe for Canned Vegetable Chowder?"

## Canned Vegetable Chowder

Corn Chowder is always a favorite. Take two thin slices of fat pickled pork or "green bacon," as it is called in some localities. Cut into dice and try out slowly. In a sauce pan have potatoes that have been pared and sliced, boiling in water to cover. When nearly done, add the pork and fat with one can of sweet corn, the water in which the potatoes were cooked and milk enough to make the quantity of chowder desired. If it seems too thin, thicken slightly, or pour the chowder on to soda crackers when serving.

A fine chowder may be made by using one small can of tomato soup, one can of chicken soup, both thickened slightly, and as much milk as needed to complete the quantity. Add any seasoning needed, half a can of corn and one can of string beans. The beans may be omitted and asparagus tips substituted.




***Make your Ices, Pies, Puddings and other Dainty Dishes more tasty by using***

# STICKNEY & POOR'S

## Flavoring Extracts

Their uniform quality, strength and fine flavor assures you of "best results" always. Like all Stickney & Poor Products, they are made from the purest and best ingredients obtainable and this explains why, for more than a century, Stickney & Poor's reliable products have been favorites with housewives in New England. Test their goodness for yourself. Order Stickney & Poor's Flavoring Extracts from your grocer. You'll like them best of all.

Your co-operating servant,
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**STICKNEY & POOR SPICE COMPANY**

**1815 — Century Old — Century Honored — 1919**

**Mustard-Spices BOSTON, MASS. Seasonings-Flavorings**

**THE NATIONAL MUSTARD POT**



# The Silver Lining

## Habit

How did I acquire the habit!
Once was shy as any rabbit,
This I'm apt to do —
Every day, the neighbors know it,
Realize I shameless show it,
I am tagging you.

Easy, very, to get started,
Never do to be faint-hearted,
Childish, perhaps, too,
Telephone is overworking,
Handy car is never shirking,
Both are tagging you.

Sometimes wonder what's your feeling,
Sphinx-like maid, with eyes appealing!
Some folks call 'em blue,
Find your house in any weather,
Cheerful if we're just together,
Always tagging you.

Thought I'd ask you last September,
Put it off until December,
Don't believe you knew.
Now that April winds are blowing,
Nature all her feelings showing,
Still, I'm tagging you.

Wish I knew how to begin it,
Gracious child, why you are in it,
Help me out a few.
You *might* say —"I'd feel it sadly,
Should you stop, I'd miss you badly,
Keep on tagging, do!"

— *A. T. Frost.*

## Her Idea of Men

A little girl wrote the following composition on men:

"Men are what women marry. They drink and smoke and swear, but don't go to church. Perhaps if they wore bonnets they would. They are more logical than women, also more zoological. Both men and women sprang from the monkeys, but the women sprang farther than the men." — *Ladies' Home Journal.*

## When Cooking Tells

The cook was having a day off, and she came down wearing a very stylish frock.

"Why, Mary," said the lady of the house, admiringly, "what a nice dress. It would be hard to distinguish the mistress from the cook."

"Don't you worry, mum," replied Mary. "*The cooking would tell.*"

## Napoleon's Pose

The following story is an illustration of the unfailing humor of the Yankee soldiers in the trenches:

Bill, from the Bowery, busily engaged in hunting "cooties," says to his companion in misery: "Say, I knows now why dat guy Napoleon always had his picter took wid his hand in de front of his shirt!"

## The Lesser Evil

The matrimonial problem presented itself to a young lady who had reached a marriageable age.

"Jeanie," said her father, "it's a solemn thing to get married."

"I ken that, father," said the sensible lass; "but it's a great deal solemner to be single."

## Hard to Keep Down

"The Germans," said Senator Cummins, at a reception, "are already growing cocky again. A naturalized German said to me the other day: 'We Germans are a wonderful people. The Allies will never be able to keep us down.' I gave a laugh. 'In one way, I'll admit,' I said, 'they'll find it hard to keep you down.' 'Yes, what way is that?' 'The way,' said I, 'the whale couldn't keep down Jonah.' "

## Didn't Help Her Any

Mandy had been troubled with a toothache for some time before she got up sufficient courage to go to the dentist. The moment he touched her tooth she screamed.

"What are you making such a noise for?" he demanded. "Don't you know I'm a painless dentist?"

"Well, sah," retorted Mandy, "mebbe yo' is painless, but ah ain't."



# "Bubble Grains This Morning"

Millions know how children welcome Puffed Grains in the morning. How they revel in Puffed Wheat in milk at night.

There are other cereal dainties. But what compares with these bubble grains, thin, flavory, toasted, puffed to eight times normal size?

Why not let them greet the children every summer morning?

## Tidbits of Whole Wheat

Consider Puffed Wheat, for instance. It is whole wheat, steam-exploded.

In every kernel there occur more than 100 million explosions. Every food cell is thus blasted, so digestion is made easy and complete.

The exploded grains are thin and fragile, flaky, flavory — nut-like in their taste. They seem like food confections.

Yet they form the greatest whole-wheat food which has ever been created.

## For Every Hungry Hour

A bowl of milk with Puffed Grains in it gains a multiplied delight. All fruits taste vastly better if you mix these Puffed Grains in them.

Then keep a dish of Puffed Grains, doused with melted butter for hungry children between meals. They are better than cookies or sweetmeats.

## Puffed Wheat Puffed Rice
## and Corn Puffs

*Each 15 cents—Except in Far West*

## The Quaker Oats Company

Sole Makers

3164

## "Samson et Dalila"

A middle-aged man was examining the phonograph record catalog in a Kansas City store, recently. "Why is this opery called 'Samson et Dalila'?" he asked. "As I recollect the story, Dalila darn near et Samson." — *Reedy's Mirror.*

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Admiral Sims is credited with this story: "The traveling salesman, in the pie belt of New England, forced to eat dinner in a small town, sat down at the table. The waiter approached and suggested the following menu: roast beef, stew, or baked beans; and for dessert a choice of pumpkin pie, raspberry pie, and apple pie. 'I will have roast beef, stew, and baked beans, and pumpkin pie, and raspberry pie,' said the salesman. 'There's nothing the matter with the apple pie, is there?' asked the waiter."

"Now," said Admiral Sims to one of the Englishmen present, "I'll bet you can't tell me what *was* the matter with that apple pie." "I'll be blamed if I can," said the Englishman.

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## A Poser

Daphne and Doris are charming and sweet;
  Best of the maidens I chance to have met.
Doris is stately and Daphne petite,
  Daphne's a blonde type and Doris brunette.

When something happens to cause me distress,
  Doris will comfort and Daphne will tease;
Yet to my heart (I am bound to confess)
  Daphne and Doris hold duplicate keys!

When I feel frivolous, Doris seems slow;
  When I am serious, Daphne's a bore;
How in creation shall I ever know
  Which is the girl that I truly adore?

Should I wed Doris, in fashion sedate,
  I shall be longing for Daphne the gay;
If I choose Daphne — she'll lead me a gait!
  For quiet and Doris I surely will pray.

Pity a lover so sorely perplexed!
  I've questioned my reason, examined my heart;
What is the answer? What shall I do next?
  I think I'll woo Delia, and get a fresh start!

— *Iris.*


# This New Range Is A Wonder For Cooking

**Although less than four feet long it** can do every kind of cooking for any ordinary family by gas in summer or by coal or wood when the kitchen needs heating.

**There is absolutely no danger in this combination,** as the gas section is as entirely separate from the coal section as if placed in another part of the kitchen.



Coal, Wood and Gas Range




The Range that "Makes Cooking Easy"

**Note the two gas ovens above**—one for baking, glass paneled and one for broiling with white enamel door. **The large square oven below** is heated by coal or wood.

**See the cooking surface** when you want to rush things—five burners for gas and four covers for coal. **The entire range is always available** as both coal and gas ovens can be operated at the same time, using one for meats and the other for pastry. It Makes Cooking Easy.

**Gold Medal**

# Glenwood

**Write to-day for handsome free booklet 165 that tells all about it, to**

**Weir Stove Co., Taunton, Mass.** Manufacturers of the Celebrated Glenwood Coal, Wood and Gas Ranges, Heating Stoves and Furnaces.





## Friday Afternoon

Strong and self-reliant, Nan reads her essay without tremor or quake, while Dorothy, in another room, barely gets through her part without breaking down.

It isn't because they were "born that way." It may be a matter of nourishment. We all know that good food and good digestion will generally supply strength and confidence for emergencies much greater than those of Friday afternoon.

# JELL-O

is a part of the well balanced diet that can be relied upon to sustain anyone, child or man, when perfect control of the faculties is required.

Jell-O does not have to be cooked and can be made in a minute. These are the six flavors: Strawberry, Raspberry, Lemon, Orange, Cherry, Chocolate. Two packages for 25 cents at all grocers'.

The latest Jell-O Book will be sent free to every woman who will send us her name and address.

**THE GENESEE PURE FOOD COMPANY**
**Le Roy, N. Y., and Bridgeburg, Ont.**




UNCLE JOHN'S SYRUP

is preferred for sweetening and flavoring by many housewives. Its wholesome purity and real maple flavor imparts an added tastiness to pies, puddings, cake and cookies. A trial will make *you* a life-long friend of Uncle John's Syrup—and convince you that

**It's as Necessary on the Table as the Sugar and the Cream**

Uncle John's Syrup is delicious on brown bread, pan cakes, and waffles. When served on Ice Cream it makes a splendid Maple Sundae. Try it—you'll find a new and palatable way to use it every day. Ask your grocer.

*Put up in 4 convenient sizes*

**New England Maple Syrup Co.**
BOSTON, MASS.

***Eat More Bread***

Bread is the most important food we eat. It furnishes abundant nourishment in readily digestible form. The fact that it never becomes tiresome though eaten day after day, is proof of its natural food qualities.

***Eat plenty of bread made with***

FLEISCHMANN'S YEAST

## Home Life in Pioneer Days

*Concluded from page 94*

hand embroidered, monogrammed, hemstitched linens were among her belongings, to involve extra care and expense. To have wiped on a hand-embroidered towel would have been condemned as nothing short of criminal, and as to lamb's wool and down-silk quilts, such extravagancies would have been inexcusable. And yet today we are willing to pay four times the price of a silk comforter for one of the old-fashioned coverlids woven by pioneer housewives. As to the home-woven linen sheets, many a woman, who is so fortunate as to count among her possessions these remnants of the good old days, is utilizing them for portiéres and even gowns. Such a disposition of these treasures would doubtless scandalize the good dames who wove the fabrics with toil-worn fingers and painstaking care.

The few pieces of silverware owned by the pioneer housewife were priceless heirlooms, and rarely saw the light of day. Two or three spoons, marked with the monogram of some ancestor, or a silver teapot, were kept wrapped in flannel in a great copper bound chest, only to be brought out on state occasions. The people in those days, however, who could boast of such heirlooms were in the minority, for it was the custom for housewives to keep their own copper moulds and make pewter spoons.

The china collector who raves over willow platters, and other old dishes, would have felt that the pioneer housewife desecrated the beautiful ware, could she have seen the plebeian uses to which it was put. Many a piece of willow ware,

**TANGLEFOOT**

**The Non-Poisonous Fly Destroyer**



**The U. S. Dept. of Agriculture says in the bulletin: "Special pains should be taken to prevent children from drinking poisoned baits and poisoned flies dropping into foods or drinks."**




## Wilson's *Certified* Bacon
### excels in flavor and quality

A few slices of Wilson's Certified Bacon — hot from the kitchen — a teasing, pleasing aroma that wakens new zest in your appetite — a crisp, rich, delicious taste that tells of excelling quality — No one has a better breakfast than you!

Only choice bacon sides are given our long, mild cure and sweet hickory smoking, so that the finished product proves to you that "Certified" is not a mere trade name but is a *principle.*

We are as careful and thoughtful as your own mother would be in the selection and preparation of Certified Bacon, as well as Certified Ham and all other foods bearing the Wilson Label. This label is a constant assurance to you that the product has been handled with the *respect* your food deserves.

It is an economy to buy the whole piece of Wilson's Certified Bacon.

"This mark WILSON & CO. your guarantee"

*The Wilson Label Protects Your Table*

## The Graduate Housekeeper

THE demand for expert assistance in private homes cannot be supplied. Salaries range from $60 to $100 a month, or more, with full living expenses, comfortable quarters, and an average of eight hours a day "on duty." *Trained* graduate housekeepers, *placed by us*, are given the same dignified social recognition as trained graduate nurses.

Here is your opportunity — our new home-study course for professional housekeepers will teach you to become an *expert* in the selection and preparation of food, in healthful diet and food values, in marketing and household accounts, in the management of the cleaning, laundry work, mending, child care and training, — in all the manifold activities of the home. When you graduate we place you in a satisfactory position without charge. Some positions are non-resident, others part-time.

The training is based on our *Household Engineering* course, with much of our *Home Economics* and *Lessons in* Cooking courses required. Usually the work can be completed and diploma awarded in six months, though three years is allowed. The lessons are wonderfully interesting and just what *every* housekeeper *ought* to have for her own home.

To those who enroll this month, we are allowing a very low introductory tuition, and are giving, free, our COMPLETE DOMESTIC SCIENCE LIBRARY, beautifully bound in three-fourths leather style. This contains our full Home Economics, Lessons in Cooking and Household Engineering courses — 4,000 pages, 1,500 illustrations, — a complete professional library.

Our reputation, and fifteen years of experience backs this course. Your provisional enrollment is invited, *with no obligation or expense to you.*

.....

AMERICAN SCHOOL OF HOME ECONOMICS,
503 W. 69th Street, Chicago.

Please enroll me, provisionally, for your new Graduate Housekeepers' Course. Send the "Domestic Science Library" in six volumes, de Luxe edition, with first lessons and full details. If satisfactory, I will send first payment of $5, five days after receiving the "Library" and subsequent payments of $5 per month until a total of $25 is sent in full payment, — for instruction, diploma and for all expenses. The "Library" becomes my property, and all membership privileges are to be included for three (3) years. If not suited I will return books, etc., in five days, at your expense and will owe you nothing.

NAME .....
(Miss or Mrs.)

ADDRESS .....

INFORMATION .....
(Age, schooling, experience, purpose, *reference*)

.....


which now adorns the drawing-room mantel piece and the china closet of the collector, has literally been rescued from the rubbish pile.

Such busy days as those were! In addition to all the regular household tasks and the rearing of and caring for the children there were so many extra duties. When the housewife ever found time to spin all her linen, to make shoes for her family, to make her candles and spoons, is a mystery. But then she was a thrifty dame, and spent much less time on her clothes and superfluous adornments than does her modern sister, who never has time for anything.

It must have been an experience worth having to sleep in the attic on rainy nights, and listen to the patter of the raindrops on the roof. The home-made trundle bed of rough-hewn posts was substantial, if it was homely, and although it could not boast of woven wire springs, it was very comfortable with its woven rope "springs," and capacious feather bed. As to the old patchwork quilt, which covered the bed, it was a relic of which even the children were proud, for it was made of pieces of gowns worn by great aunts and great grandmammas long since dead.

What a place that attic was, with its old skin-covered trunk, its queer old band boxes, its curious lanterns, its quaint baskets and saddle-bags. Then, too, there was always the pungent odor of drying herbs, which hung from the ceiling, and the pleasant smell of which filled the chamber with a fragrance that recalled the summer time. But the attic is filled with other memories, for it was also the center of many exciting and anxious hours when the safety of the little home was threatened and the guards watched for Indians through the port holes.

The crude contrivances with which our forefathers kept house, cleared the land, tilled the virgin soil and wove their clothing from their own field products are all to be seen in the dim light of the

# Double the Capacity of Your Single Sockets

DON'T let single electric light sockets deprive you of any of the conveniences of electricity. Your single sockets can be turned into double workers instantly and without any wiring. The

**BENJAMIN TWO-WAY PLUG**

provides any single socket with two outlets. It makes it easy to attach an appliance without removing the lamp. It makes a single socket able to give power as well as light—heat as well as light—or two lights. No appliance need be a slacker.

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**Every Wired Home Needs Three or More**

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**3 for $3.50**
**OR $1.25 EACH**

*Made only by*

**BENJAMIN ELECTRIC MFG. CO.**

**Chicago**
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The Benjamin No. 903 Swivel Attachment Plug screws into any electric socket without twisting the cord.

The Benjamin No. 2450 Shade Holder makes it easy to use any shade with your Two-Way Plug. Price 15c.




The finest fish product for making

**Creamed Fish** **Fish Soufflé**
**Codfish Balls** **Fish Salad**

fish croquettes, curried fish, and many other dainty and delicious fish dishes.

Only the firm white meat of the big, wholesome cod and haddock, packed in parchment lined airtight containers. It takes three pounds of fish to make one pound of

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No cooking—no shredding—no boning. No loss of time—no wasted effort—no delayed meals. Just the solid white meat of deep-sea fish—prepared and cooked in modern, sanitary, seaside kitchens. Ready to serve the moment the perfect contents are removed from the tin. Burnham & Morrill Fish Flakes simplify the cooking question, delight the family and are nourishing as well as appetizing.

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Free on request — "A Book of Recipes" for preparing many tempting dishes.

*Packing and specializing in State of Maine Food Products only—the best of their kind—including B & M Paris Sugar Corn—B & M Pork and Beans, B & M Clam Chowder, B & M Lobster*


cabin which is illuminated by old-style glims. Near the cabin is an ancient bee hive, a crude ash hopper, and a well-sweep, each one of which has its story to tell about the early pioneer days, and the simple life which the people exemplified and loved so well.

## MORE ABOUT VITAMINES

PROFESSOR BAYLISS, of University College, says, "There are at least three different kinds. The anti-neurotic vitamines, which include those that prevent beri-beri; the antiscorbutic vitamines, effectual against scurvy; and the vitamines that are necessary for growth. Raw food contains a far greater amount of vitamines than cooked food. Boiling in alkaline water is especially prejudicial, and destruction is also effected by most of the processes of drying and preserving, including all tinned foods. Oranges, lemons, and lime juice contain an exceptionally large proportion of anti-scorbutic vitamines. Sugar is lacking in vitamines, but they are found in honey. Milk contains them except in the sterilized or condensed form. Cereals that have lost their outer coats, such as polished rice, are deficient in them. Raw meat, if only we could eat it, would yield a much richer supply of vitamines than we can obtain from it when cooked." To sum up, Professor Bayliss assures all anxious enquirers that "Nobody who lives on a mixed diet — especially if it includes a fair proportion of fresh fruit and vegetables — need worry himself about vitamines. If they are absent from one article they are likely to be present in some other."

## When Dirt Is Sweet

Last night, when we put Phil to bed,
With sleepy eyes weighed down like lead;
We just forgot — to wash his face,
And left on it — more than a trace
Of mixed-up tears, and grimy streaks,
Besmirching both his dimpled cheeks.
When dawning day brought light again,
And wakeful eyes, and smiles; why, then—
We vowed, so sweet a face was never kissed!
Why, e'en the dirt we would have missed!

— *Myrtle Meyer Eldred.*

# The Modern Milk for the Modern Kitchen

DO you know that Carnation Milk meets every need of Domestic Science? It is the modern and the economical way to use milk.

Because Carnation Milk is sterilized after it has been hermetically sealed in the new container it will keep much longer than fresh milk.

Remember this always: Carnation Milk is just about twice as rich in butter fat and milk solids as an equal quantity of raw milk. Therefore, when you add an equal part of water to Carnation, you get milk of natural consistency.

Use Carnation wherever you use milk in cooking. Use it *undiluted* on cereals and in coffee. Whip it for desserts and salads, for it *may* be whipped like cream.

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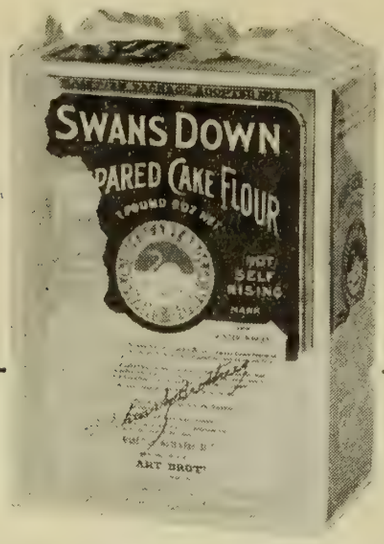
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It takes a Special Cake Flour to make the Best Cake

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# CAKE FLOUR

Preferred by Housewives for 24 years

Especially prepared for making lighter, whiter, finer, better cakes, such as you will be proud to make. Preferred by housewives, cooking-school teachers and domestic science experts for 24 years.

Send 10 cents for "Cake Secrets"—a text book on cake making by Janet McKenzie Hill.

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Caterer's size, 16oz., $1.00 "
(With full directions.)

**CREMO-VESCO COMPANY**
**631 EAST 23rd ST., BROOKLYN, N. Y.**


## Pests Made Profitable

(*Concluded from page 128*)

in cookery. For, following the horse-radish and sage, came parsley and thyme and dill, and caraway seeds for a million cookies, and many a plant that Abbie speculated over afterward, and then hunted about for the busy owner to ask what it was, and for what it was used.

"I didn't know one could *grow* so many flavors," she protested one day. "I thought they came mostly in bottles with corks, and one bought them down town at a store."

"When you come to be a cook, even for two," there was a touch of tease in the answer, "I'll agree to furnish you with most of your flavors, and few of them will be found in bottles. Because, it is really you who started me out on this venture, and how I love it! Isn't it odd how some unexpected thing pushes us bodily into our proper niche, and we never know till afterward that that is exactly where we belong?"

Abbie Andrews' brown eyes were fixed absently on the purple, purple perspective. "One thing just leads to another," she answered thoughtfully; "and because we haven't any chart of the way ahead, we never know just exactly what we are coming to. That's one thing that makes life 'so full of a number of things'—remember Stevenson, Nellie?—that a body can't help just naturally falling in love with living. There are such a lot of surprises tucked into every day, like birthday presents hidden about the house for us to hunt out, like we used to when we were little. Unguessed surprises everywhere." Then suddenly, "We girls at the office have


**SALAD SECRETS**

100 recipes. Brief but complete. 15c by mail. 100 Meatless recipes 15c. 50 Sandwich recipes 15c. All three 30c.

**B. R. BRIGGS, 250 Madison St., Brooklyn, N. Y.**

**SEVEN-CENT MEALS** $1.50 per week per person: 42 meals with recipes and directions for preparing each. This 48 pp. Bulletin sent for 10c or *free* for names of four friends interested in Domestic Science.

**Am. School Home Economics, 503 W. 69th St., Chicago**





# ELKHORN CHEESE
## 8 VARIETIES IN TINS

HERE is the key to health and appetizing delight for the children and convenience for mother. Keep the pantry supplied with the tins full of these "Rounds of Golden Goodness."

American Kraft or the tasty Elkhorn Pimento make the daintiest sandwiches—not only tasty but full of nourishment and feeding value and easy to prepare.

It gives the children the very best of the milk—their natural and finest food. Economical, too; no rind, no waste. Be ready for the next school lunch.






**J. L. KRAFT & BROS. CO., Chicago-New York**

**8 Varieties—Each of National Favor**

Kraft Chile Swiss Pimento Rarebit
Camembert Roquefort Limburger

*Send 10c in stamps or coin for sample tin of Kraft plain or Pimento flavor, or 20c for both. Illustrated book of recipes free. Address 361-3 River Street, Chicago, Illinois.*



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A high grade piece of furniture surpassing anything yet attempted for GENERAL UTILITY, ease of action, and absolute noiselessness. WRITE NOW FOR A DESCRIPTIVE PAMPHLET AND DEALER'S NAME.

IT SERVES YOUR HOME AND SAVES YOUR TIME THAT IS PRACTICAL ECONOMY

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★ **beats everything**

You can beat eggs, whip cream, churn butter, mix desserts and dressings and blend the most delicious drinks in a jiffy with a

**Roberts LIGHTNING BEATER and MIXER**

You'll find a hundred uses for it. Quick, strong, simple, sanitary. Nothing else like it made.

*If your hardware, house furnishings or department store can't supply it, mail $1 for 1-quart size prepaid anywhere in U. S. Safe delivery* ***guaranteed.*** *(Also made in pint size — 75c; 2-quart size — $1.75.)*

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**Delicious Whipped Cream**

can be easily made from ordinary Table Cream by adding a few drops of

**Farrand's Cream Whip**

*Send us 30c for full ounce bottle if your grocer does not carry it.*

Liberal samples free to instructors in Domestic Science.

**THE CREAM WHIP CO.**
**Cleveland, Ohio**

**USED DAILY IN A MILLION HOMES**

**Colburn's** Red Label **Spices**

**The A. Colburn Co., Philadelphia, U.S.A.**

formed a trolley-trip club, and we want to all come out and visit your little ranch some time soon, may we?"

"I guess yes," beamed Nellie Whythacomb, and immediately she began to plan a little "surprise" of a luncheon, simple and adapted to the date. She had noticed the very thing in the last Cookery Magazine, which at that very moment waited her reading on the little library table.

---

The governor's wife was telling Bridget about her husband. "My husband, Bridget," she said proudly, "is head of the state militia." "Oi thought as much, ma'am," said Bridget, cheerfully. "Ain't he got the fine malicious look!"

---

A story told of Bishop Greer illustrates the plain nature of the man. On an occasion when he was to confirm a class, a carriage was sent for him in charge of an English coachman who had been imported by a wealthy American. Bishop Greer walked unaccompanied and in non-clerical dress from his front door to the carriage and entered it, but the driver did not move his horses. After waiting for a moment the Bishop asked the man why he did not drive on. "I'm waiting for the Lord Bishop of New York, Sir," the proper person replied. "Well," said the Bishop. "I'm it. Drive on."

---

Alfred Noyes was complaining about a harsh critic. "This critic's work," he said, "reminds me in its unsparing harshness of a dialogue between two villagers. 'There goes Bill Smith,' said the first villager. 'Bill ain't the same man he used to be.' 'No,' said the second villager, 'and he never was.'"

*— Pittsburgh Chronicle-Telegraph.*



**AGENTS** GUARANTEED WATERPROOF KITCHEN APRONS

make big profits. Work all or spare time. Made in five styles. Agents furnished a complete set of samples without cost. Write today for full particulars.

**MOSS APRON COMPANY**
**97 Pilot Bldg., Rochester, N. Y.**

# It Tastes As Good As It Looks

### Tapioca Honey Souffle

Put two cupfuls of milk, a tablespoonful of butter, one-eighth teaspoonful of salt and a tablespoonful of sugar into a saucepan; into this stir a cupful of MINUTE TAPIOCA, simmer on a low fire for ten minutes, stirring constantly. Remove from fire and add to it the well beaten yolks of four eggs. Mix well, flavor with a teaspoonful of vanilla essence and fold in the stiffly beaten whites of four eggs, pour into a greased dish and bake in a moderate oven about thirty minutes. Serve with hot strained honey poured over it.



# Minute Tapioca

This new dessert is delicious. Here you have the delicate flavor of Minute Tapioca combined with the rich taste of honey. Light and fluffy as a souffle should be, it is nutritious as well. This nutritive value is supplied by the Minute Tapioca.

You should serve desserts and other dishes made with this long-time favorite very often. For Minute Tapioca is a great energy-building food. It is easily digested and is as good for you in warm weather as it is in cold. It may be used in so many different dishes that the family do not tire of it. It just gives a familiar savor to surprise desserts and old receipts alike.

Minute Tapioca is always ready for use. It may be thoroughly cooked in fifteen minutes. It is made of genuine tapioca flour. Look on your grocer's shelf for the red and blue package with the Minute Man







*Send for the New Minute Cook Book, which gives many receipts for Minute Tapioca and Minute Gelatine. Free upon request.*

MINUTE TAPIOCA COMPANY
**109 East Main Street** **Orange, Mass.**

# Crawford Ranges

Crawford combination ranges are really two ranges in one—a coal range of generous proportions, and a convenient gas range.

The coal range has a roomy oven, and the Crawford single damper which assures the correct degree of oven temperature at all times.

Instead of a clumsy, untidy ash pan there are interchangeable coal and ash hods—one trip serves to empty ashes and bring back coal.

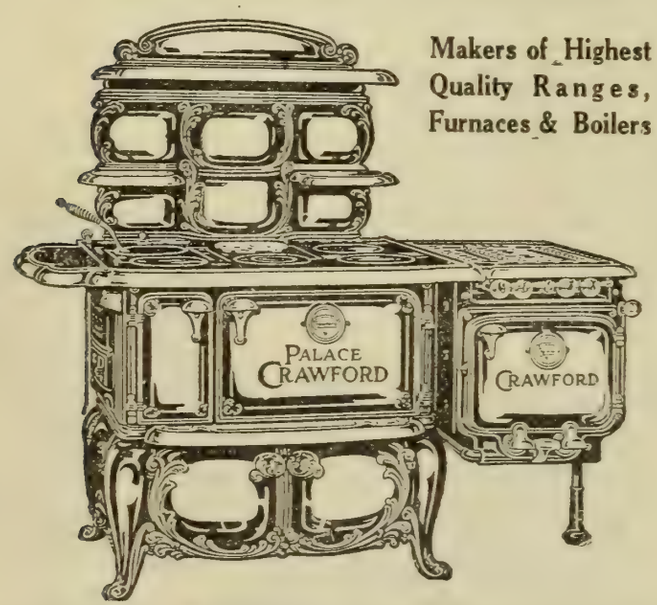
The gas stove has five burners—all so constructed that the heat is concentrated directly under the center of the kettle or pan—and a convenient oven with a new and improved folding broiler.

We have mentioned only a few of the many advantages which make the Crawford a constant pleasure to use. Any Crawford dealer will gladly tell you more about this most efficient range.

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that special cake flour should be used for all cakes and pastries. Bread flours have too much gluten—a necessity for bread but a detriment to cake. Gluten is the tough, heavy part of the wheat. Most of this element is eliminated from

## ROXANE Cake Flour

Roxane is just the softest, lightest part of the wheat. 60 pounds of premium soft Indiana winter wheat—the finest wheat grown—yield only 10½ pounds of Roxane. All the rest is rejected. So Roxane makes wonderful cakes and pastries, finer, lighter, smoother. Your family will be prouder than ever of your skill if you use Roxane.

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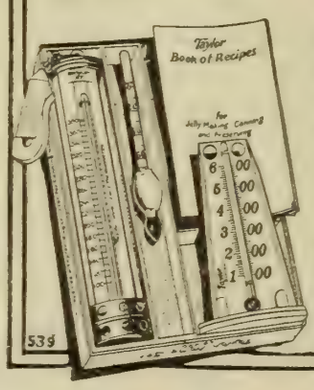
## "I think the syrup's thick enough"

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**IT POURS**



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IT'S well worth while to study Morton's Salt through a magnifying glass! You'll see just why it *pours*.

The clear, shining crystals are cubes, exactly alike. Of course they won't stick together, even when damp. *When it rains it pours.*

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# NESNAH

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A nourishing easily prepared food is what the average woman wants for her family during the Summer.

Nesnah is such a food and can be served for breakfast with cereal or for luncheon.

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Whenever or however it is served it is always a nourishing dish, as Nesnah improves even fresh wholesome milk.

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## RASPBERRY NESNAH MILK SHERBET

2 quarts of milk — 2 packages of Nesnah

Heat two quarts of milk lukewarm (remove from stove), drop the Raspberry Nesnah into it and dissolve by stirring for one-half minute. Pour mixture into ice cream can and let it stand undisturbed ten or fifteen minutes until set; pack with ice and salt; freeze.

One ten-cent package makes a quart.

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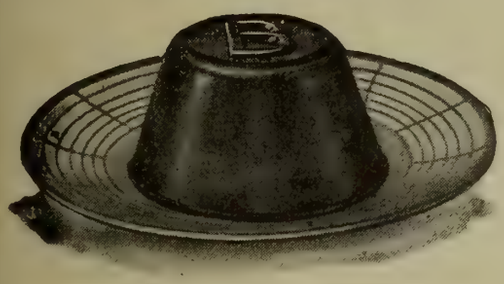
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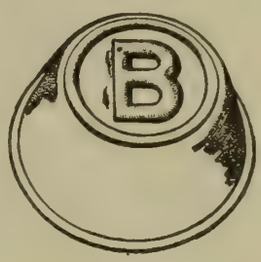
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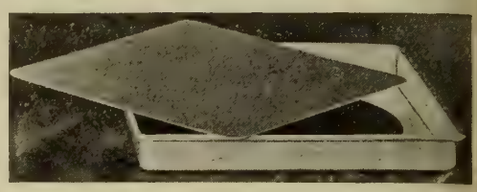
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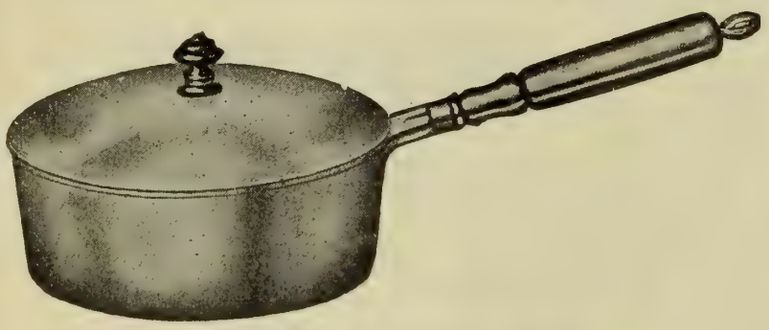
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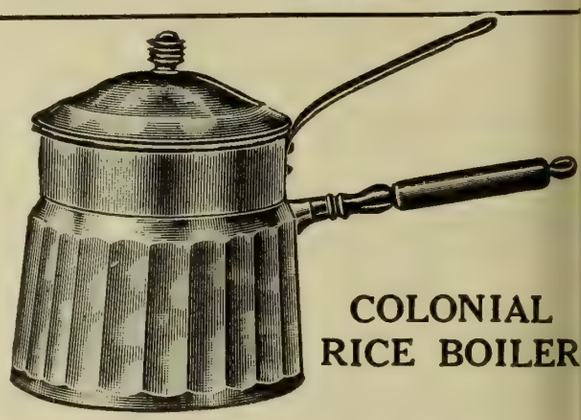




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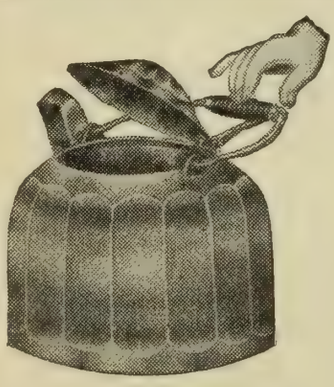


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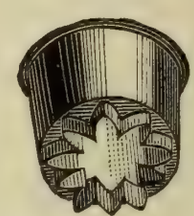


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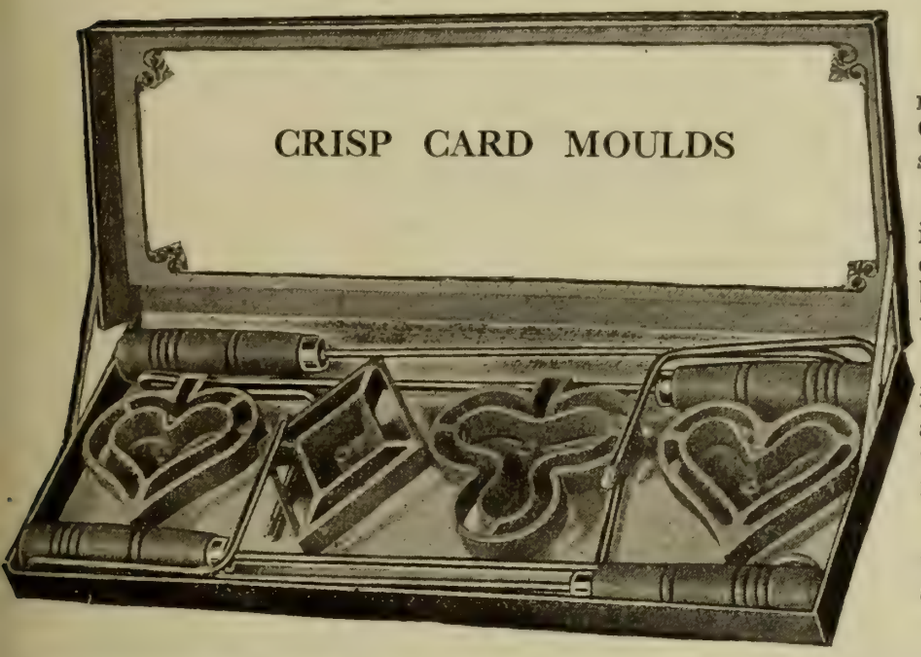


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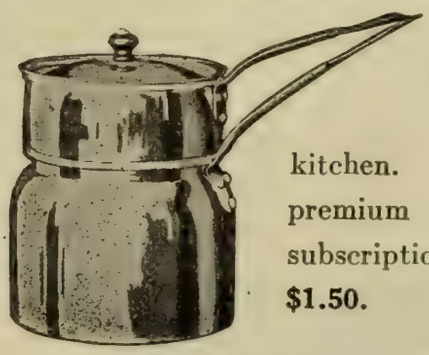


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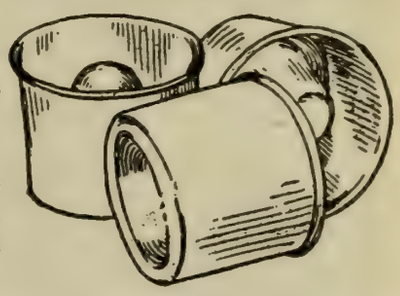
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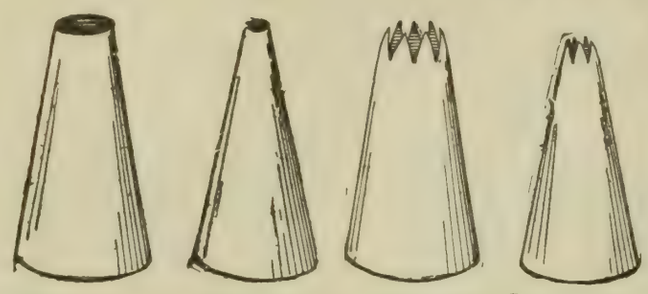
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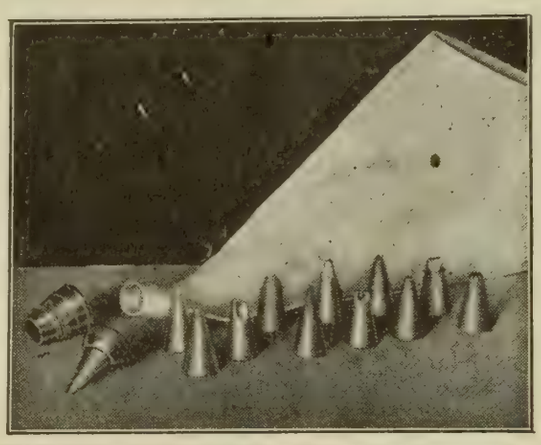


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(Bag not shown in cut)

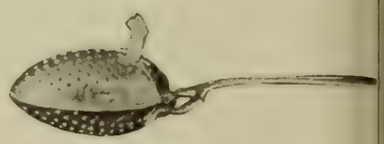
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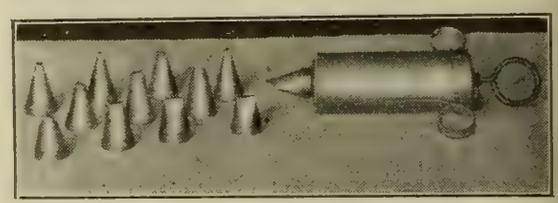


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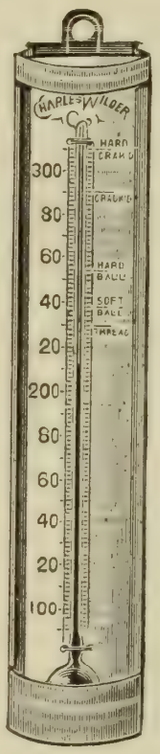





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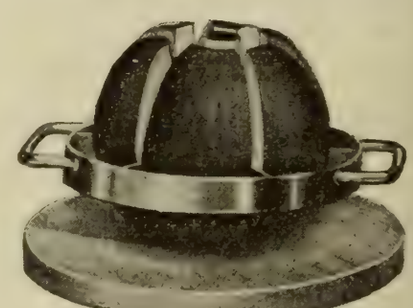
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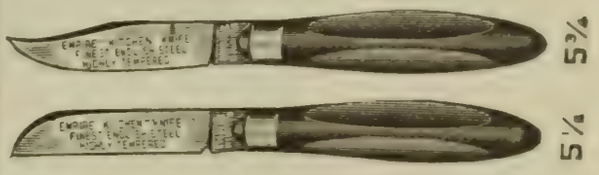
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## The Empire Grape Fruit and Orange Knife



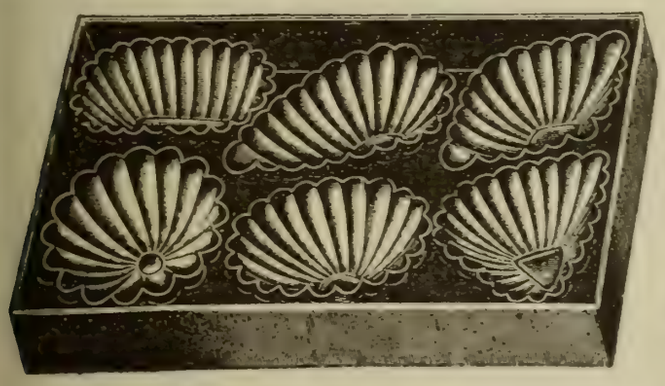
Is made from the finest cutlery steel, finely tempered, curved just to the right angle and ground to a very keen edge, will remove the center, cut cleanly and quickly around the edge and divide the fruit into segments ready for eating. The feature of the blade is the round end, which prevents cutting through the outer skin. A grape fruit knife is a necessity, as grape fruit are growing so rapidly in popularity as a breakfast fruit. Sent, postpaid, for one (1) new subscription. Cash Price **50 cents.**

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FOR BROWNIES OR
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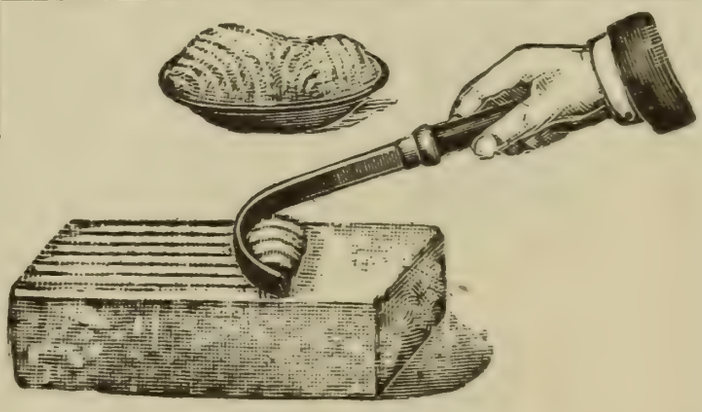
BROWNIES

| | |
|---|---|
| ½ cup of Butter | 1 Egg, well beaten |
| ½ cup of Sugar | 1 cup of Flour |
| ½ cup of Molasses (dark) | 1 cup of Nuts, Pecan or Walnuts |

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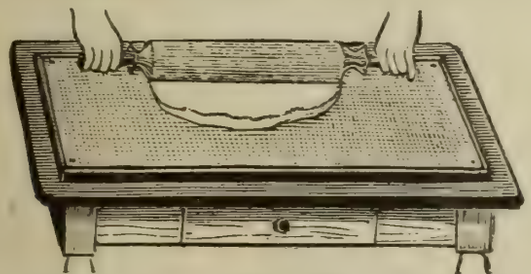
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# AMERICAN COOKERY

**Vol. XXIV** **OCTOBER, 1919** **No. 3**

## CONTENTS FOR OCTOBER

PAGE

THE CHARM OF THE BEACON HILL DOORWAY. Ill.
Mary H. Northend 171

ONE SUMMER DAY . . . . . Dorothy Habersham 176

PEPPS' PITILESS PROSPERITY . . . . . Ladd Plumley 177

WHY IS FRENCH COOKERY EXTOLLED? . . . Kurt Heppe 181

SOMETHING NEW FOR THE HALLOWEEN PARTY
Alice Urquhart Fewell 184

LESSONS IN FOOD AND COOKERY—THE APPLE
Anna Barrows 186

DISHWASHING IN LITERATURE AND ELSEWHERE
Mrs. G. L. Washburn 188

EDITORIALS . . . . . 190

SEASONABLE AND TESTED RECIPES (Illustrated with half-tone engravings of prepared dishes)
Janet M. Hill and Wealtha A. Wilson 193

MENUS FOR WEEK IN OCTOBER . . . . . 202

MENUS FOR SPECIAL OCCASIONS . . . Wealtha A. Wilson 203

THE ART OF THE CHOPPING-BOWL . . F. M. Christianson 204

SAFE AND SANE CANNING AND PRESERVING
Emma Gary Wallace 205

HOME IDEAS AND ECONOMIES . . . . . 207
Made at Butchering Time—Improving Butter Beans—Cider Apple-Butter without Cider—Fig Preserves—The Acid Test.

QUERIES AND ANSWERS . . . . . 210

THE SILVER LINING . . . . . 218

MISCELLANEOUS . . . . . 226



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# INDEX FOR OCTOBER


| | PAGE |
|---|---|
| Apple, The | 186 |
| Art of the Chopping-Bowl, The | 204 |
| Charm of the Beacon Hill Doorway, The | 171 |
| Dishwashing in Literature and Elsewhere | 188 |
| Editorials | 190 |
| Home Ideas and Economies | 207 |
| Lessons in Food and Cookery — The Apple | 186 |
| Menus | 202, 203 |
| Miscellaneous | 226 |
| One Summer Day | 176 |
| Pepps' Pitiless Prosperity | 177 |
| Safe and Sane Canning and Preserving | 205 |
| Silver Lining, The | 218 |
| Something New for the Halloween Party | 184 |
| Why is French Cookery Extolled? | 181 |


## SEASONABLE AND TESTED RECIPES


| | | | |
|---|---|---|---|
| Apple Charlotte. Ill. | 197 | Marmalade, "Penrod and Sam" | 201 |
| Apple Slump | 201 | Marmalade, "Torchy" | 201 |
| Apples, Ginger Baked. Ill. | 196 | Oysters à la Mornay. Ill. | 195 |
| Cake, Delicate, with Fudge Frosting. Ill. | 198 | Paste, Potato, for Onion Dumplings, Meat and Vegetable Pies | 196 |
| Cake, Fudge, with Fruit and Marshmallow Filling | 199 | Pie, Carrot | 201 |
| Cake, Spice | 200 | Pie, Raisin, with Meringue | 197 |
| Carrot Pie | 201 | Pie, Veal-and-Ham | 193 |
| Carrot Pudding | 201 | Potatoes à l'Otero. Ill. | 194 |
| Cream, Ginger | 197 | Pudding, Carrot | 201 |
| Dumplings, Onion, with Potato Crust. Ill. | 196 | Sauce, Mornay | 195 |
| Firmety | 194 | Steak, Yankee Boy, with Brussels Sprouts. Ill. | 194 |
| Fruit Whip, Proportions for | 198 | Whips, Uncooked Fruit. Ill. | 198 |
| Icing, Chocolate | 200 | | |


## QUERIES AND ANSWERS

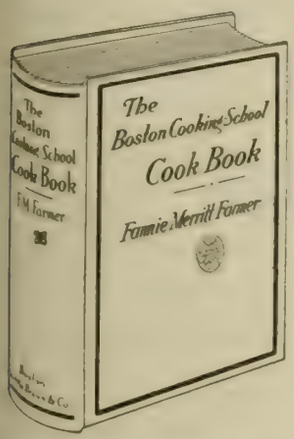

| | | | |
|---|---|---|---|
| Brandy Substitute for Fruit Cake and Plum Pudding | 214 | Cake, Sunshine | 212 |
| Cake, Angel | 212 | Carrots, Pickled | 216 |
| Cake, Cocoa, with Baking Powder | 210 | Filling for Honeymoon Cake | 214 |
| Cake, Fruit, without Preservatives | 214 | Pudding, Plum | 214 |
| Cake, Honeymoon | 212 | Salad, Ginger Ale | 210 |



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## The Season's End

Closed the summer byways
To the straying feet,
Only dreams may wander, love,
Where the hours were sweet —
Ah, the golden moments,
Gold of dreams they were,
Scattered where the flowers
Wooed the loiterer!

Silent are the thickets;
In the twilight hush,
We shall hear no more, love,
The fluting of the thrush —
Ah, the voiceless silence,
How it brings again
Lilt as if the fairies
Sang within the glen!

Closed the summer byways,
Silence in the vale,
On the hills the fires, love,
Of the autumn pale —
Ah, the joy of knowing
In our hearts we keep
Blooms that winter's sickle
Nevermore shall reap!

— *Arthur Wallace Peach.*



THE SQUARE PORCH — A FINE EXAMPLE OF COLONIAL DOORWAY

# American Cookery

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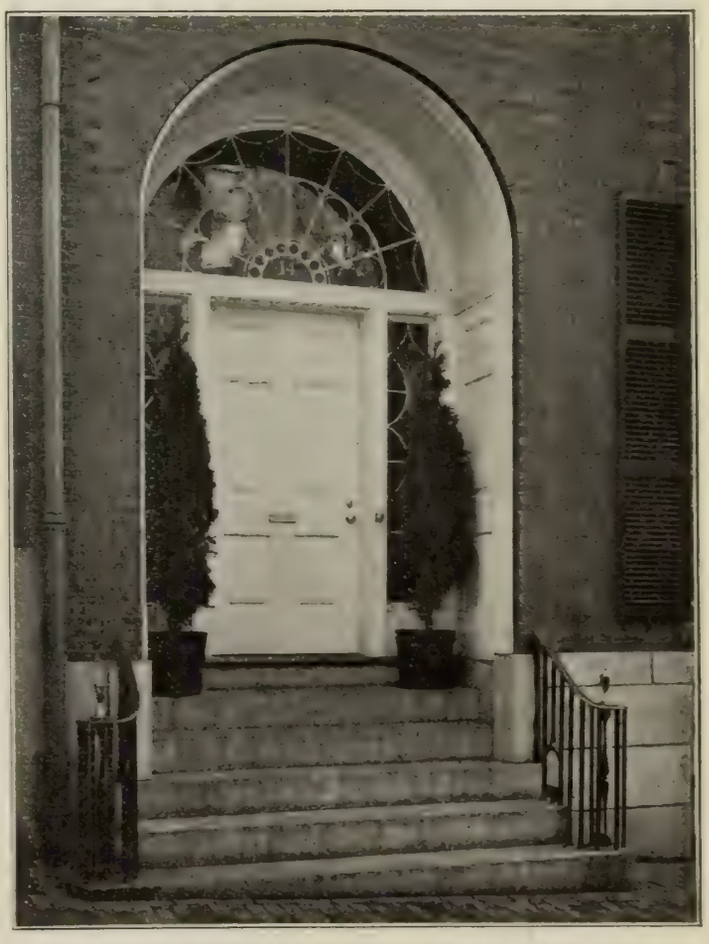
## The Charm of the Beacon Hill Doorway

By Mary H. Northend

WE love to linger over the romantic story connected with Beacon Hill, recalling the time when it was the heart of military, social and literary life. In the earliest days, when war was rife, the military pitched their tents on this goodly eminence, and their sentries paced up and down, ever watchful over land and sea, to announce the approach of any invading foe. Crowning the top of the Hill was a high mast, surmounted by a beacon (from which it took its name). This was first erected in 1634, and was used extensively until after the Revolution. When fired, it could be seen at a great distance inland.

Originally Beacon Hill comprised over one hundred acres, and was used principally for the pasturing of cattle. Small cedars and native shrubbery grew along its sides, broken here and there by cow-paths, through which the wandering herds ranged unmolested. It abounded with fine springs, which are mentioned in all the early records. While all of these have been filled in, after a heavy rain they can be seen bubbling up through the surface.

Nestled on the land side is a tract of land, now known as the Public Garden, laid out with charming landscape effects, into which have been introduced beautiful flower plots and smooth velvety lawns. Years ago, rope walks covered this space, reaching to the water that washed Charles Street. Beyond, an extension of these grounds, is the Common, the training field of the early days, and used also as a cow-pasture. John Hancock, owner of the entire Hill, but subject to protracted litigation during the twenty-five years of his residence there, always pastured his cows on the Common. Many a scene, romantic, historic and tragic, is connected with this public property, for from here the troops embarked in silence for the memorable battle of Lexington. On the Common the forces were also arrayed that engaged at Bunker Hill, and many a tall fellow heard the drums beat the rappel for the last time, as he shouldered his firelock and fell in the ranks on that eventful morning.

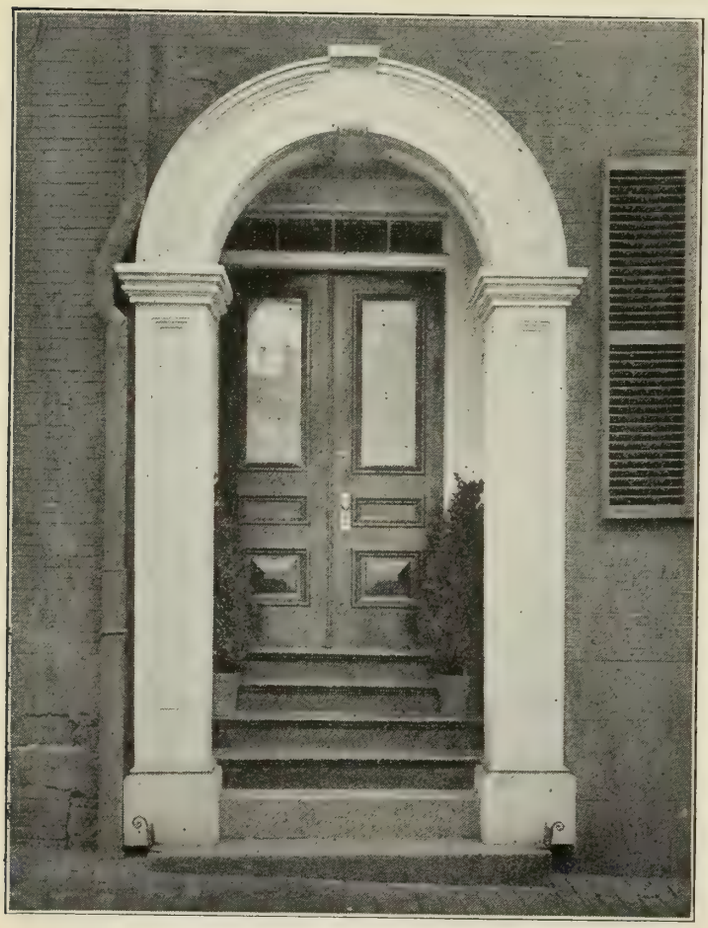


THE RECEDED DOORWAY

When Lord Harry was in Boston, encamped here, he wrote that "Our camp is pitched in an exceedingly pleasant situation on a large common used for the purpose of grazing cows, and ofttimes they attempt to force their way into their old pasture, where the richest herbage I have ever seen, abounds. One of them impaled herself on a firelock, going off with the bayonet, sticking in her side."

Beacon Hill is now divided into a series of straight streets, all of which are lined with charming homes, some dating back to late eighteenth and early nineteenth century. The most prominent of these thoroughfares, Beacon Street, at first lacked the aristocratic designation of today, for it was styled the "Lane to the Almshouse," which lay near the foot of the Hill.

Chestnut and Mt. Vernon run parallel with Beacon, cutting across to the river, and, though lacking uniformity, both make a charming picture, for they are English enough to be a part of London, yet have all the native dignity found in Salem. Here men and women of refinement and culture have founded their homes, including, in later days, Julia Ward Howe, Charles Francis Adams, Mrs. Harrison Gray Otis, Thomas Bailey Aldrich, Oliver Wendell Holmes, while for many years William Clafflin, Governor of Massachusetts, made it his home. Much of its literary atmosphere comes from the fact that the Quaker poet, Whittier, always stayed here when visiting Boston.



ANOTHER FORM OF RECEDED DOORWAY

Among the many fine residences one is impressed by the extreme simplicity and often austerity connected with the exterior of the houses.

William Blackstone Epes, the first settler on the peninsula, in 1626, chose the southwest slope of the Hill for his residence, and a few years later it was agreed that he should have fifty acres of land set out for him to enjoy.

There were no brick sidewalks in those days, except in a part of the main streets, all of which were paved with pebbles, and except when driven to one side by carts and carriages, everybody walked in the middle of the road, where it was smoothest — there were practically no sidewalks until after the Revolution.

During the twenty years that elapsed between 1770 and 1790, when the streets were red with blood, Beacon Hill complacently overlooked the riotous scenes, witnessing many stirring events, among which was the reckless and murderous raid on Lexington and Concord.

It was about that time that cocked hats, wigs and red coats were usually worn by the gentlemen, and except for American military men, boots were rarely seen. During the winter months coats were made warm and stiffened with buckram, coming to the knees in front. Even the boys wore wigs and cocked hats until about 1790, and the toilettes of the ladies were very elaborate. Their hair was arranged on crape cushions, standing up so high that they were frequently forced to dress it the day before

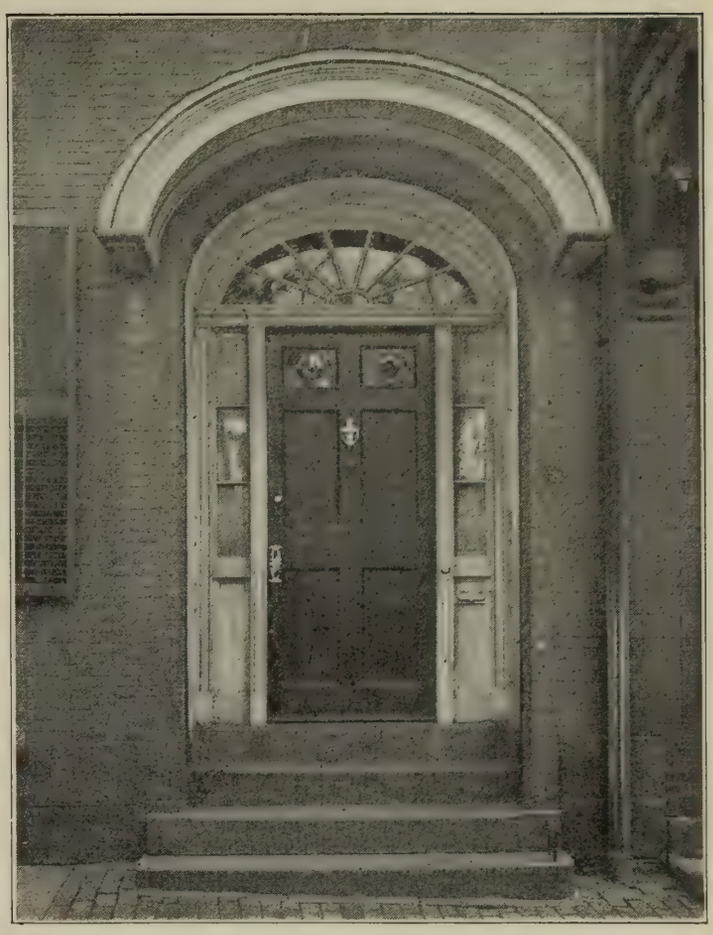
a party, sleeping in easy chairs to keep it in good condition.

Elisha Cook, who married Elizabeth, the daughter of Governor Leverett, and contemporary of Samuel Eliot, grandfather of Ex-President Eliot of Harvard, a very rich merchant, erected a magnificent residence on the corner of Beacon and Tremont Streets, from which he was forced to flee in 1776 to seek refuge with his daughter in Haverhill. He was a true gentleman of the old school, dressing until his death in the costume of the early days, wearing cocked hat, ruffled shirt and small clothes, but never coat or overcoat. Even Copley, the artist, whose home was on the Hill, always appeared on the streets in a cloth coat of fine maroon ornamented with gilt buttons.

Among the first houses built on the Hill was a handsome stone mansion erected by Thomas Hancock, a wealthy Boston merchant, uncle of our Revolutionary hero. This was built in 1737, the estate originally bounding on Beacon, Mt. Vernon and Joy Streets, including the grounds on which the State House is now built. At the back of the house the first nursery in the city came into existence. The house was bequeathed to his nephew, the Governor, by his aunt, Lydia Hancock, and remained for a long time a unique setting for the Common. The house was built of stone, while gardens and orchards surrounded the princely mansion, but it was eventually torn down on account of the site being so valuable.

The following description has been left by an inmate of the Hancock house:

"As you entered the Governor's mansion, to the right was the drawing or reception room, with furniture of bird's-eye maple covered with red damask. Out of this opened the dining room hall referred to, in which Hancock gave the famous breakfast to Admiral D'Estaing and his officers. Opposite this was a smaller apartment, the usual dining hall of the family; next adjoining were the china room and offices with coach house and barn behind. At the left of



No. 66 MOUNT VERNON STREET

the entrance was a second saloon, or family drawing room, the walls covered with crimson paper. The upper and lower halls were hung with pictures of game, hunting scenes, and other subjects. Passing through this hall, another flight of steps led through the garden to a small summerhouse close to Mt. Vernon Street. The grounds were laid out in ornamental flower beds bordered with box; box trees of large size, with a great variety of fruit, among which were several immense mulberry trees, dotted the garden."

In this house Hancock entertained D'Estaing in 1778, Lafayette in 1781, and Washington in 1789, besides many other noted men. He was noted for his princely hospitality, and when the French officers were in Boston it is said that about forty dined with him every day. On one occasion an unusual number appeared to partake of his viands, when, in the language of Madame Hancock, "the common was bedizened with lace." The cooks were driven to despair, and the exigency was met by milking the

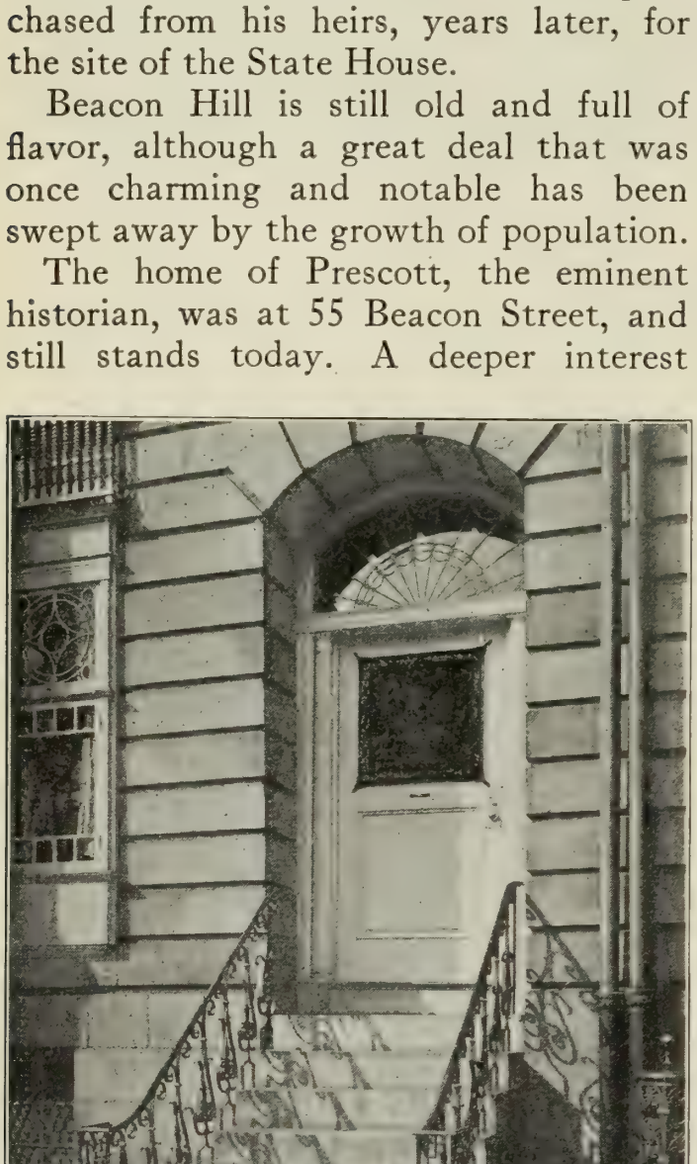
cows pastured on the Common. Whether this was agreeable to the various owners or not, we do not know.

At the time of the Battle of Lexington this house was pillaged by soldiers, who broke down and mutilated the fence, until General Gage sent Percy to occupy it. About this time an order was received from the King for Hancock's apprehension, and a second one to hang him, but on account of his popularity he escaped.

When he was dying, he called an old friend and dictated to him the minutes of his will, in which he expressly gave his mansion house to the Commonwealth, but death intervened before his intention could be carried out. It was purchased from his heirs, years later, for the site of the State House.

Beacon Hill is still old and full of flavor, although a great deal that was once charming and notable has been swept away by the growth of population.

The home of Prescott, the eminent historian, was at 55 Beacon Street, and still stands today. A deeper interest attaches to the labors of this gifted author on account of his partial blindness caused by an injury to his eye while at Harvard. All efforts to improve his sight were of no avail, and he performed his work with the aid of an amanuensis. He was a grandson of the old soldier of Louisburg and Bunker Hill, and by a coincidence married a granddaughter of Captain Linzee, who commanded the Falcon at the battle just named.



STEPS LEAD TO THIS DOORWAY

What the society of Beacon Hill was in the last century may be gathered from the testimony of a keen observer of that period.

Count Segur says that "Boston affords a proof that democracy and luxury are not incompatible, for in no part of the United States is so much comfort or a more agreeable society to be found. Europe does not offer, to our admiration, women adorned with greater beauty, elegance, education or more brilliant accomplishments than the ladies here." M. de Chastellus, a gallant Frenchman, also pays suitable acknowledgments to the ladies of Beacon Hill, while both men unite in eulogy of Adams, Hancock, Dr. Cooper and other leading spirits whom it was their good fortune to meet.

Lafayette during his visit to Boston was intimately connected with this part of the city, for he was the guest of Samuel Dexter, one of the greatest lawyers Massachusetts has ever seen, and who, Judge Story said, "never descended to finesse or cunning before a Jury." Christopher Gore, while Governor of Massachusetts, also lived at this same house, on the corner of Beacon and Park Streets.

To the lover of fine architecture there are no better representatives of doorways than those that are found on Beacon Hill, for they vary in type from Colonial to Twentieth Century. There are wooden doorways with elliptical fanlights and leaded side lights, framed by Doric and Corinthian pilasters, topped by doorheads, in which carved decorations give a characteristic touch, while

let-in panels at the lower part of the sides give a more solid and substantial look, and increase the apparent breadth of the doorway, foretelling a cheerful interior. They all give a sense of reserve and distinction that is interesting, and carry us back to the days when our forefathers settled in this country after a long and tempestuous voyage across the seas.

Brick seems to be the prevailing material used for these old houses, the red of the brick combining effectively with the green of the blinds, and the old green entrance door, typical of the early nineteenth century, bull's-eye being often used in the upper panels.

The mansion of the late David Sears commands attention; it is now being used as a club-house. It is built on the site of the home of John S. Copley, who owned one of the largest estates on the Hill. During his residence in Boston he married the daughter of Richard Clark, a rich merchant, and one of the obnoxious tea consignees who fell into disgrace at the time the tea was all "pitched" into Boston Harbor. In the old two-story house that formerly stood here he painted some of his finest works, probably the portraits of Hancock and Adams. While living in London, he was offered by a speculator what seemed a fabulous sum for the place, but he learned after he had sold it that it was worth twenty times the amount he received for it, and it is said this hastened his death.

The first house built of brick, and also under the Copley title, was that of John Phillips, who was afterwards the first Mayor of Boston; this was built in 1804. Phillips did much to improve a large portion of the Hill at the commencement of the nineteenth century. His distinguished son, Wendell Phillips, was born in this house in 1811, and lived there until his father's death in 1823. After the house was sold, Thomas Winthrop, Lieutenant Governor of Massachusetts, resided here, but his family increased so rapidly that he was enforced to enlarge his residence,



No. 56 BEACON STREET

and changed the location of the front door from Beacon to Walnut Street. This prominent landmark is still found on Beacon Hill.

Near the State House, which was built by Bulfinch, lived Dr. Joy, who did much to build up that part of the city. His wife was much averse to living "so far out of town"; as theirs was but the fourth house at the time, she exacted a promise from the Doctor to return to the residential section at no distant day.

Many of these old-time houses stood close to the sidewalk, while others were set back from the street, and were approached by a flight of steps. Such was the mansion of the Colonel Lieutenant Governor Phillips, whose estate was one of the most popular, during the time of his residency. It was shaded by magnificent trees, which were cut down by the British and used as fuel.

In the early days this was a favorite resort for the citizens, as the view was considered equal to anything found across the seas. These same sights are visible today, but must be viewed



FILIGREE OF LEADED GLASS

from the cupola above the dome of the State House.

Chief Justice Samuel Sewall was a man of great importance in the Colony, and his estate on the Hill was known as Sewall Elm Pasture. He married Eliza, daughter of John Hull, the celebrated mintmaster, who it is said gave her as her wedding portion her weight in pine tree shillings; so the story goes, in order to get full payment, she weighted down her pockets with flat-irons.

But it is not noted men and women, but unique doorways with which this article is particularly concerned. When you consider that for a hundred years after its settlement Boston was little more than a straggling town, it seems almost incredible that today it should be so wonderfully prolific in fascinating doorways, which break the monotony of street scenes as you view them from the sidewalk.

While Colonial architecture may be considered the distinguishing feature of these structures, there is little similarity in them, and it is this fact that causes you to linger, as you saunter along this famous part of Boston familiarly known as "Beacon Hill," and view these examples of exceptional workmanship.

## One Summer Day

As I went through the summer wood
Where two paths met an old man stood,
"Greet you, greet you, and good-day,
How do you fare and what's your way?"

I paused awhile in the summer wood,
And told the old man what he would;
"Greet you, greet you, and good-day,
I'll go with you along the way."

At edge of night and the summer wood
The old man vanished, the elf-king stood;
"Greet you, greet you, and good luck,
You've shared your bread this day with Puck!"

Since that day in the summer wood,
Wherever I go my luck holds good;
Greet you, greet you, and good-day,
I hope you meet with him some day!

—*Dorothy Habersham.*

# Pepps' Pitiless Prosperity

By Ladd Plumley

THERE were figures near a doorway, and as he came opposite, Mr. Pepps was seized.

"Ye'll be coming wid us!" exclaimed one of the captors. "Ye're to be taken to a conference."

Mr. Pepps recognized a voice which that evening had thrown a verbal brick to the platform where he was lecturing.

After Mr. Pepps retired from business, if it be truthful to say he ever retired, the financier gloried in giving advice concerning a subject he knew thoroughly.

He began life as an economist — in a contributed cradle and on philanthropic milk. The institution discarded him in his 'teens with a five dollar bill, and never afterward did he own less than five dollars. This evening his hearers expected to hear how to eat beef five times a week,—what they got was how to do without much of anything at any time. The lecturer pulled off his garment of reserve and turned it wrongside out. He told how, in his youthful days, he cut his own hair, how he washed his handkerchiefs, saving the soapy water for next time. He suggested lengthening the life of socks by wearing two pairs at once; he illustrated folding a frayed necktie so as to present a neat appearance; he reveled in soup made of sour milk. And it was then that the voice he recognized had interrupted, "But yez put solid food in yer belly, 'cause ye're living yet!"

Amid the ash cans Mr. Pepps blustered, but a second man, who threw out a suggestion of whiskey, seized his other arm, and he was hustled up the steps of one of those small houses which are found to the east of the city. The door was thrown open and the prisoner was guided to a room where the flaring gas showed broken-bottomed chairs and a bedstead of pealing enamel. Here he was pushed into a chair.

"What's the meaning of this outrage?" he demanded.

The man who acted as leader stepped to the door, outside of which was heard a movement.

"'Tis naught, Mrs. Sullivan, me friends and Tim O'Hara will be free at making a night of it. Get to yez rest."

Retreating steps were heard, and O'Hara locked the door. He took from the mantel pipes and tobacco. "Will yez be smoking, Mr. Pepps?" he asked.

"No indeed! Smoking is burning money!"

"'Tis a conference," replied O'Hara. "The weed oils me mind. As to your interrogatory, the chair app'ints Phil Noonan to sez why Mr. Pepps is here."

Mr. Noonan's explanation suggested whiskey more strongly than did his breath, and O'Hara came to his relief. "As how, Mr. Pepps, ye couldn't be expected to sense the scheme, Noonan being for the most part in the saloon, where, indade, yez loquacity drove many. 'Twas there the plot was hatched, as how we'll put to the test yer deductions."

"You'll put what to the test?" snapped Mr. Pepps.

"'Tis this way," continued O'Hara. "The big war's turned things topsy-turvy. Wimen voting, and beer with the kick gone! 'Tis the day of experimentations." He turned to Noonan. "Was it four, Phil, that Muldowney left when the munition factory went up?"

"'Twas four, and a babe in arms," mumbled Noonan.

"So! She's a fine woman, is Mrs. Muldowney!"

"What's the woman got to do with it?" demanded Mr. Pepps.

"She's a fine woman," repeated O'Hara.

"But 'tis dirty luck she's had. Buryings come higher than ever, and Muldowney isn't complainin' concerning his. And sickness wid the kids! Dirty luck for widow Muldowney!"

"But what has the widow got to do with me?" pursued Mr. Pepps.

O'Hara did not seem to hear the question. "And now, Noonan, yer wife's waiting and ye'll best be going," he said. "I'll make up a bit of a bed for Mr. Pepps."

"What!" exclaimed the financier. "I'm not going to sleep here!"

"Indade and yez will," replied O'Hara. "And I thought as how ye'd sensed the project."

"I understand nothing but that I've been brought here without my consent."

O'Hara explained. "'Tis I that am yer boss, Mr. Pepps. I'm a paper hanger. I'll enter yez into the union as me apprentice, Noonan is yer mate. Ye'll do well, for I'll pay yez three seventy-five a day. That gives the twenty, and two fifty each week for tobacco and beer. The widow Muldowney and her kids ye'll support. We'll see if yez figuring, and yez theoretics, and yez economics'll be worth one blessed damn!"

At last Mr. Pepps understood. In his lecture he had expressed his wish to try out just such an experiment. He proved that twenty dollars was more than sufficient for a family like Mrs. Muldowney's. He guided such a family for years, burying one child and acting as the stork for another. So ample, indeed, was the income that when the stork appeared for another visit, it dropped its burden in a cottage owned by the twenty-dollar man. His wealth of economical detail led to his capture, for worn out with waiting for the family to own the cottage, and a pretty girl happening along, Mr. Pepps' chauffeur took her for a ride, and the financier was obliged to start for home on his feet.

"So that's the idea!" snapped Mr. Pepps. "So you think that I cannot support a family on twenty dollars?"

"You're forgetting the cottage," reminded O'Hara.

"I'm forgetting nothing," snapped Mr. Pepps. "There's not the slightest difficulty."

"'Tis ye'll agree?"

"Expect me to jump into an experiment of this kind? If you'd gone at the thing right —"

"Ye're forgetting that ye're Robert Pepps and this was the only way for chucking yez into it," said O'Hara.

Absurd as it might seem, the application of his theories was alluring to Mr. Pepps. He was used up with the many activities he had assumed during the war. For a few weeks, he considered, the experiment would give him a needed rest.

"I'm the man to try it out," he mused. "But," he said, "of course, it's absurd that I live here. I'll stay the night, for it's late. And I'll take an occasional meal, so as to make suggestions as to a working-man's menu. To put the matter on a correct basis, however, we'll fix up things just as if I did live here. And if I did, what would I pay for my board?"

O'Hara sucked on his pipe and a shrewd gleam came into his eyes. "Mrs. Sullivan charges five dollars a week for table board. Being as it's just the same as if you slept in me room, we'll be making the board nine."

"You'll not," said Mr. Pepps. "Why should I put four dollars a week into your pocket? I'll need all I can scrape for the widow. Make it one and as a rest from war finance I'm hanged if I won't go in — either party to give up the deal at any time."

Two mornings later, prompt to the second, and attired in a suit of O'Hara's overalls, Mr. Pepps waited for his boss, and within a few days things settled into a routine. Every morning the apprentice was more prompt than Mrs. Sullivan's clock, which was a slow-time measure, and which soon had the financier's attention amid his ocean of reforms. He took to paper hanging as he took to

all things. He rushed the jobs, and O'Hara had difficulty to stay the hand of the new apprentice. Forbidden to use any of the nooning hour in paper hanging, Mr. Pepps spent all but the ten minutes he allowed for his snack in making memoranda as to the reformation of Mrs. Muldowney's, Mrs. Sullivan's, and O'Hara's affairs, or in adding to the manuscript of a book he was writing on economics. And very soon the experiment trailed anything but joy for the victims. It was as if they were sociological insects which the financial naturalist had pinned on a board to observe their economical struggles. His evenings were too short for bargainings for supplies for Mrs. Muldowney and Mrs. Sullivan, and for acting as adviser to any one he could inveigle into O'Hara's room. That laborer would be in bed long before his apprentice's day ended, and his snores would be an accompaniment to a lecture by the enthusiast to a pupil, who had found no method of escape.

Thus the days flew. Mr. Pepps' devotion to his experiment increased and increased, and before the experiment rushed to a finish he so pervaded Mrs. Sullivan's boarding house, and had so taken everything under his jurisdiction that, to make a historical comparison, Mr. Pepps was a financial Napoleon in a financial petty Elba. All details of the lives under Mrs. Sullivan's roof, of Mrs. Muldowney's family, and of all families he could poke his sharp nose into, were analyzed, tabulated and criticized. On a Saturday evening, when the financial Elba had almost run its course, and Mr. Pepps had gone to traffic for supplies, O'Hara put the matter to his other apprentice.

"He's a howling wonder! Every Saturday he shows me the savings. How does he contrive the miracle? 'Tis me belief 'tis a kind of extry sense, same as the fiddler in a show plays a fiddle upside down. And the savings are going into property alongside the new subway extension. Says he, 'The widow Muldowney's money'll go in wid me own. If ye'll keep yer eyes pealed, ye'll see hundreds come from tens and thousands from hundreds.'

"And Mrs. Muldowney says he's the best provider ever, but he's keeping down every expense. He'll tell what's a sufficient allowance for each wan of them childer — different, mind yez, according to their weight, and for every meal! He's got her all figured down as fine as I figger me wall-paper. But Mrs. Muldowney has to make an accounting down to the last cent. She's driven out of her peace wid keeping her accounts in the books he's fixed up. As was her words: 'We has food enough and we has clothing enough — though where he gits his bargains is a mystification! And we has things we never had before the munition factory busted. But, Mr. O'Hara,' says Mrs. Muldowney, 'it's sure the toilsome way for a widder to make a living!'

"Yez sees, Noonan, she's at it night after night wid her eldest and the bye's quick at figgers, figuring to make her balances, and if there's a difference of a cent there's the devil of a ruction. At times Mr. Pepps has a tongue like a sarpint!"

For a few moments Mr. O'Hara leaned back in his chair, then he gloomily continued.

"He's taken to smoking, but he weighs his tobacco. He isn't wanting it, said he didn't have the handicap of using tobacco. He allows hisself one cigarette morning and night And I'm meself like the widder Muldowney. What wid being criticized for two beers a day — two beers! And ither things! Why man, me galluses give way, but do yez suppose he'd allow me the luxury of a new pair? Not on yez life. Last night he was up till twelve putting in a section of elastic webbing! Where the devil did he learn to sew, Noonan? 'Tis me belief that, if there was a ten-cent piece dangling, he could teach hisself anything!"

Here O'Hara was interrupted, and Mrs. Sullivan pushed the door open and dropped into a chair.

"What's the matter?" asked O'Hara.

Mrs. Sullivan turned her head and listened.

"Yez'll have time to tell us — his car isn't coming till midnight, wid his haggling for a nickel."

"He says as secrecy is the motto for business," groaned Mrs. Sullivan. "But 'tis time I had advice. The rebate, as he calls it, has lifted to ten a week!"

"Ten!" gasped O'Hara. "That's five more'n his board!"

"And he's wanting twelve. And whin he's wanting anything he has elastic bands to yank it. He's buying all me supplies. I'm not saying but what they're cheap. He's got screaching powers! But I has me doubts where it'll stop. Though to be fair, he earns the twelve, and I've never made the profits I'm making. But he's got his eye on me bit of a settin' room, so as to get another boarder. He says as how we must bring up every inch of the plant to its maximum earning capacity — as is his way of saying me house is a plant to be sittin' up nights to tend."

"Pore woman!" put in O'Hara.

"And what wid his cyard system — every boarder on a cyard! How much he weighs, and how much he eats and what does him good, and all on a cyard! And other systems — books and accounts! I'm that drove I can't do me dress-makin'!"

"Pore woman!" again said O'Hara.

"Me life isn't worth the trouble," continued Mrs. Sullivan. "What wid dreaming of cyards, I'm losing me sleep, and what wid watchin' to an ounce what me boarders eat, me own appetite's slipping away. And measuring the milk, and keeping watch wid eyes twisted seven ways at oncet! I wish, Mr. O'Hara, ye'd never brought him — indade I do!"

Mrs. Sullivan lifted her apron and for a few moments found it impossible to continue.

"And Mrs. Muldowney is below taking her cup of tea, weak as water and no sugar for fear Mr. Pepps will cut her off ontirely. Mr. Pepps thinks as her dyspepsia is due to tea. But the pore woman needs even weak tea, what wid her own devilments!"

"Ye'll bring her up!" exclaimed O'Hara. "And what wid all the pother, we'd best be having a meeting. I've made a mistake, and the times's come when we'll be requesting him to resign. We've had a prosperity as has gripped us to our innards. Speaking for meself, 'tis not Tim O'Hara as is wanting hunnards, thousands, or millions if the price is what Mr. Pepps' teaching is showing!"

It was while the afflicted were discussing means for requesting the resignation of their instructor that he entered.

"What bargains!" he gloated. "Cabbages for a nickel — fine heavy cabbages, Mrs. Sullivan! I helped the Italian sell his load and he gave me a rake-off. How we got the women coming! That's life, that is! Tonight I feel like a feller who knows it's a park bench for him, if he don't sell his filters in flat houses. If I only had a Robert Pepps, Junior, I'd turn over my plunder and start at the bottom again. To buck the old world without a cent and climb a second time! I'll have to think that over. But I must drop from the clouds. I must grip the problem of the moment!" He flitted about the room like a gaunt old dog that is unleashed in a city park.

"And how is the card system coming along?" he asked Mrs. Sullivan. "It's Saturday night and we've lots of time — we'll get busy. There's a slew of matters, Mrs. Sullivan, I wish to bring to your attention!"

"'Tis me wish to be courteous, Mr. Pepps," interrupted O'Hara, "but 'tis Mrs. Sullivan, pore woman, as is worn out. Little wonder! Ah, Mr. Pepps, if we all had yez ginger and push, we'd all be living in palaces wid our pockets full of gold. And 'tis yesself, Mr. Pepps, as cannot perceive as how yer ginger and

push wears the other parties to the deal."

"I noticed when I came in that something was wrong," said Mr. Pepps, dancing from Mrs. Sullivan to Mrs. Muldowney. "I thought that you were worrying because I didn't get back promptly — but when you see what a boy and I have carted into the kitchen! Oh, such bargains, such bargains!"

"'Tis me wish to be courteous," repeated O'Hara, "but, yez sees, Mr. Pepps, the experiment has been too much of a success. And we've been holding a final conference, the upshot being that, if yez'll call the deal off, we'll be that thankful! sure the hope is like the thought of a quiet grave. I'll just be stepping to the corner to telephone for the auto to come for yez."

Mr. Pepps has given up practical instruction in the subject in which he is a master. He confines himself to lecturing, and he always ends his lectures with, "Teach 'em young. You can't train baldheads to walk tight-ropes."

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# Why is French Cookery Extolled?

A Lecture to Housewives

By Kurt Heppe

WE hear, in this country, so much about French cookery and about high salaried French chefs, and many an American man and woman stops to ask why, just why, French cookery is so superior to our own.

To answer this question one must first refer to a much cherished American prejudice, and that is the American National belief, that the catering business as such "IS NOT WORTH CONSIDERATION!"

It is because we believe that catering, in all its branches, is below the level to which the self-respecting American stoops, in his search for a vocation; while, on the other hand, the Frenchman considers it a highly honorable and exceedingly remunerative profession, and consequently devotes to it long years of earnest study.

Cookery, like everything else, improves with intelligent practice. In order to devote intelligent practice to any one thing, one must first be intelligent, and then willing to devote time, energy and earnest effort to a certain thing.

It is right here, however, the American cook "falls down" (as the darkies like to say); it is right here that he fails. Firstly, intelligent Americans, or let us say, Americans capable of intelligent efforts, do not choose cookery for a profession; and, secondly, those who do choose it, do not care to make great efforts of any kind, intelligent or otherwise.

And yet, French cookery, or good cooking, to be more general, is really nothing more than "hard work properly directed."

The French cook goes about his work very much like the American, only he makes certain manipulations that the American considers superfluous; the American cook dearly likes to use "substitutes," while the French cook uses only genuine compositions, and makes these himself. This entails work, nothing extraordinary, but just hard, back-breaking work. The French kitchen glories in this, but, then, the French kitchen is, also, superior.

Now to come down to facts, what are the secrets of French cookery?

How is it that, given two equal pieces of meat, a French and an American cook in competition, the American must invariably leave the palm to the foreigner?

Why can the Frenchman make delicious sauces, while the American utterly fails in this respect?

Again I must say it is due entirely to "earnest effort, intelligently applied."

Most sauces, as few people know, are

made of meat, and of meat extract, cunningly flavored and aromatized. Understand me well, I say flavored and aromatized, and I mean two entirely different things by each one of these expressions.

To flavor sauces one uses celery stalks, onions, carrots, leeks and turnips, and to aromatize sauces one uses bay leaves, thyme, cloves, basil, sage, rosemary, sweet marjoram, mace, juniper berries, ginger and vanilla. Then there are a few more aromatics, which are frequently resorted to for this latter purpose, but which are used fresh, only, these are, chervil, parsley, taragon, pimpernel and savory, also orange and lemon zest.

How many of these does the American cook know? Very few, indeed! He will probably accuse me that I forgot the most important, namely "nutmeg," but I did not forget it, only I want to say that, while the American cook uses this aromatic almost exclusively, the French cook uses it most sparingly, it being of far too pungent a character to warrant its extensive use.

Now these few lines will give the housewife an idea of why French cookery can achieve greater results than the American, but the main issue is as yet hidden. What I am coming to is really the main-spring of success, namely, "The stock."

What is stock? I will tell you. It is what the French cook uses where you use water, dear Madam; that is the reason why his soups and sauces taste so different from yours. Don't get angry because I am scolding you, but it is high time you should learn. Listen to me a little while longer and you will know a few things which were a puzzle to you heretofore.

The French cook makes his soups and sauces very much alike. That is, he uses in most of them stock, and stock again is really a soup. In fact it is the first brew won from a boiled infusion of meat and bones and flavoring vegetables.

What did I say flavoring vegetables were? Oh, yes, celery, carrots, leeks, onions and turnips.

Well, then, to make a stock he takes bones, crushes them, and cheap meat cuts, grinds them, and vegetable trimmings for flavoring (as above mentioned), and sets all to boil (well covered with cold water). As soon as it boils, he puts it on the side of the fire and lets it simmer for four or five hours; every once in a while he goes to work and carefully lifts off the scum.

At the end of the four to five hours all the strength and savor of the meat and the bones, combined with the flavor of the vegetables, is in the water, and this water is now called stock. It is drawn off carefully, so as to remain clear, and is then set into a draught with a wedge underneath, in order to cool quickly, and is, when cold, put into the ice box. Special stock-pots with a faucet are handy, as the stock may be drawn off and the flow shut off before the fat flows out.

Now, whenever the cook wants to fill up on a sauce he uses some of this stock, and in this manner gives it a fundamental base of strength and flavor; and as the sauce itself is made from bones and meat, with aromatics, and with this stock for a liquor, is it any wonder that it turns out of wonderful quality, full of savory and appetizing characteristics?

But not all sauces are made from stock (some are made with milk), and not all soups are made with stock (some are really made with water, namely, legume soups), but of this more later.

What I want to bring out in this article is the fact that stock is the fundament upon which French cookery is built; without stock there would not be any French cookery, and by the same token there would not be any good cookery, because stock and good cooking are inseparable; the one cannot exist without the other.

Please remember that whenever you enter your kitchen, you ought always to have some good cold stock ready in your ice box, in order to meet any emergency.

If you have that the rest is easy. Everything else, or nearly everything else, depends upon the stock.

For fish sauces one must make a fish stock, that is, one uses fish trimmings instead of meat trimmings; but no vegetables are here employed, instead, however, a few aromatics (an onion, stuck with three cloves, a little celery and parsley and a few whole black peppers).

For game sauces it is well to make a game stock by using the game trimmings and superfluous bones; although an ordinary beef stock is quite good; it takes a real gourmet to know the difference, if the sauce itself is worked up with a little game.

For fowl sauces one should use fowl stock, although ordinary beef stock is here, too, quite good enough; by the same token may fowl carcases be used with advantage in the beef stock.

The essence of this whole article is to remind the cook that the first thing to do in the morning is to put on the stock, so that by eleven o'clock one's stock is ready to make sauces, finish soups, etc.

Whenever you want to know if you have a cook who knows something of his business, see if he has his stock-pot at the back of the range first thing every morning, for in any kitchen where proper work is done this unfailing sign of efficient work is never missing.

Now then, did I make myself plain? The trouble with all cook-books is that they pre-suppose an elementary knowledge of cooking, and because this elementary knowledge is only too often lacking, the recipes frequently turn out badly. All cook-books are good, if the neophyte already knows how to cook (and uses the book simply for a reminder). But to learn cooking from the printed sheet, the teacher must be explicit, and again explicit, and then some more explicit. Therefore, excuse my seeming repetitions.

Now, if at any time you have too much stock on hand, let it reduce on the range until it becomes meat-glacé; this can be long preserved and used the same way as meat extracts,—its uses are many. It may be used to coat cold roasts and also hot fowl, etc. A luscious brown coat enhances the appearance of cuts greatly.

It may, also, be used for certain sauces by simply creaming and buttering it.

Gravies are made from the juices of the roasting pan. In order to obtain a proper article the roasting pan should be just large enough for the roast (so that the fat will not burn), and minced onions, carrots and leeks should be used to deck the roast, in order to give the resulting gravy its taste. However, this method, though best, seldom furnishes enough gravy; it becomes, therefore, necessary to prepare an artificial gravy. For this purpose one uses the juices, plus all the bones from roasted meats, and fowl carcases, puts them into a stock-pot and covers them with water. If not enough bones are on hand, one must roast some trimmings with flavoring vegetables and use these instead. This method furnishes a plentiful supply of very good gravy; a little meat-glacé will greatly strengthen it. Only roasted bones must be used, however.

Now to come back to our sauces, in order to make a velouté sauce, for fricassée, for instance, you put a saucepan on the fire, with half butter and fowl fat; add one heaping handful of flour per gallon of stock you intend to use, that means per gallon of sauce you intend to make, for a quarter gallon use a quarter handful; add the flour when the butter is bubbling, not before, stir the mixture with a wire whisk, and keep at this stirring until bubbles appear and the mixture is very smooth. If it is not smooth, it simply means that you have not used enough fat; in that case heat a little more fat in a separate pan, and add it *gradually*—only fowl fat or butter should be used. Now when the butter and flour mixture is thus ready, add the hot stock, but add it very gradually, whisking hard all the while, as otherwise you will have dumplings in your pan

instead of an even smooth sauce. When the roux (as this mixture of flour and butter is professionally called) is evenly absorbed, and has cooked for about fifteen minutes, add the yolks of some eggs which have been kept smooth with a little lemon juice. To do this right you will have to dilute the egg-yolks first, separately, with a little of the stock, then take your sauce off the fire, and when the bubbling stops, add the diluted egg-yolks, very gradually; the sauce must now not again be suffered to boil, as otherwise the egg-yolks in it will clump (this being a characteristic of egg-yolks); they will act in this sometimes very disagreeable way under all circumstances, and it is, therefore, well never to forget this little caprice of theirs.

The sauce is now spiced with a little salt, white pepper and a very little nutmeg. This is a most delicious sauce for all sorts of fricassées, but for chicken fricassée one best uses chicken stock, while for veal fricassée one should use veal stock, but any kind of meat stock will do in an emergency.

This sauce can be turned into a velouté soup by simply thinning it out with more stock; and once it is soup, it can be garnished in a hundred different ways, giving it a different characteristic every time.

Thus you see the fact illustrated that sauces and soups have much in common.

In the next issue I shall enlarge upon the usage of stock, and explain why some sauces are made without stock, and why some soups are made with water instead of stock, or with milk.

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# Something New for the Halloween Party

By Alice Urquhart Fewell

WHAT shall we serve at the Halloween party this year? It must be new and different, and at the same time appropriate to the occasion. Unique refreshments, with something in the nature of a surprise, are being sought by every hostess who is planning to entertain on Halloween, and the following suggestions may help to solve the problem, in part at least.

## Orange Jack-o-Lantern

Illustration on Page 200

Select large, bright-colored oranges of good shape, allowing one orange to each person served. With a sharp knife cut a small piece off the top of the orange, and scoop out all the pulp with a spoon or knife. Reserve the juice and pulp for future use. With a penknife cut a face on one side of the orange, as one would on a pumpkin. Care must be taken not to cut entirely through the rind of the orange, and only the very thin yellow skin on the outside should be removed, leaving the white part underneath intact. There must be no broken surface, as the orange skins are to be filled again. The juice from the oranges may now all be extracted by putting the pulp in two thicknesses of cheesecloth and squeezing with the fingers. This juice is used for making orange ice or sherbet, which is served in the orange skins. Instead of the ice, orange gelatine can be made, and molded in the orange skins. Whipped cream should be served on top, as shown in the illustration.

## Frozen Fruit Salad

Mix equal parts of apples, oranges, pineapple and grapes, all cut in small

pieces. Make a rich cream salad dressing, using a generous portion of whipped cream. Mix this lightly with the fruit, turn into the can of an ice-cream freezer, and pack in salt and ice for two to three hours. The dasher and crank of the freezer are not used, but the mixture should be stirred lightly with a long-handle spoon several times while the freezing is going on. Serve this frozen salad in large red apples which have been scooped out like the orange above. The apple which comes from the inside is used to make the salad. To prevent these apple shells from turning dark after they have been scooped out, they should be placed in a pan of cold water. This makes a most attractive-looking dish, and especially if the apples are served on colored paper doilies. Cut round doilies from orange-colored paper, making the doilies slightly smaller than the plate on which the apple is to be served. Place these doilies on the plates, and on top of them put smaller doilies cut from black paper. These should be small enough so that at least an inch of the orange paper shows around the edges. Place the apple on this black doily, and we have a combination of all the Halloween colors.

## Halloween Cake

Illustration on Page 193

Select any favorite cake recipe, and bake the cake in three round pans, each one smaller than the last. Milk pans are good for this purpose, and the cakes should be about two and a half inches high when baked. Place these cakes, when cold, one on top of the other, forming a pyramid shape. Now frost the whole with frosting which has been colored yellow with vegetable coloring. White of egg and powdered sugar, beaten together until stiff enough to spread, make the best frosting for this kind of cake which is to be decorated. While the frosting is still moist, decorate the cake in fancy designs, using tiny round black candies. For the remainder of the decoration four small black witches and four small black cats are required. These may be purchased at any store where small favors are kept. On the first ledge of the cake place the four black cats, evenly spaced on four sides of the cake. On the second ledge of the cake place the four witches, spacing them in between the cats on the ledge below. A single yellow candle may be placed on the very top of the cake, and pieces of narrow, yellow, baby ribbon may be fastened with paste from the witches to the cats, giving the impression that the witches are driving the cats. This cake makes a very attractive centerpiece for a table, when places are set for the refreshments.

## Witches' Delight

Bake sponge cake in bread pans about the size of a quartbrick of ice cream. Cut thin slices of the sponge cake with a sharp knife, and arrange them on individual serving plates with a slice of ice cream cut from a brick in between two slices of the cake, forming an ice cream sandwich. Pour hot chocolate sauce over the whole, and serve at once.

## Gelatine Sandwich

Make a gelatine dessert of any flavor desired, and mold in bread pans which have been moistened with cold water. Use a little more gelatine than the ordinary recipe calls for so that the jelly will be quite stiff. When the jelly is firm turn it from the mold onto a large platter, and cut slices from it with a sharp knife. Place these slices of jelly between two slices of sponge cake of the same size to form a sandwich. Serve one sandwich on individual plates with whipped cream piled lightly on top. Instead of using whipped cream the entire sandwich may be frosted with yellow frosting, and decorated with fancy black and yellow candies.

# Lessons in Food and Cookery, with Simple Appliances

## The Apple

By Anna Barrows

Instructor in Cookery, Teachers College, Columbia University

In color, form and flavor, no fruit offers so great a variety as the apple. Certainly we could select one *best* apple for each month, beginning with the Mid-Summer Sweets, then the Red Astrachan, the Porter, the Jonathan, Baldwin, Spitzenberg, Greening and around to the Russet, which is best in the late spring or even summer.

Some schools have celebrated Apple Day during the harvest season by bringing together much that wise men have said and poets have sung about this old fruit, which is so familiar that it is not fully appreciated.

How can a country school go further and really study the apple in its relation to other foods, and the pleasure and health it brings to those who use it freely? How can we have a lesson in foods and cookery without a special outfit?

Where there is a stove for heating the schoolroom some experiments may be made in actual cookery, for a few utensils may be borrowed of the mothers, if there is no other way to get them. In some country districts of the old type, where the children bring a luncheon, the teacher has been able to give some good lessons in practical cookery, and give the children a warm dish each day. In pleasant weather it is possible to teach much around a camp-fire, but this should not be undertaken unless the conditions are favorable. However, it is an important item in the education of any human being to have learned to respect the power of fire and yet be able to control it.

For an early lesson each child may bring a paring knife from home and one or more apples. The boys may use their pocket knives. The teacher may have a grater instead of a knife and show the pupils later that its rough surface is like many little knives.

The more varied the collection of apples the better; let them be arranged as in a fair, each on a piece of paper on the desk of the one who brought it. If the desks are not numbered, have a number on the paper. Then let each pupil inspect all and on a paper write the name he thinks belongs to each apple, and then compare the lists.

This is a good exercise in writing, trains the powers of observation and probably gives the pupil more respect for apples.

All the better, if some apples have to be referred back to the parents for final identification.

An apple festival might be arranged by the teacher at the schoolhouse for the community; in the evening, if the room can be lighted, or during regular school hours. There might be recitations and readings in which the apple is the central figure, such as the old poem on Apple Dumplings and a King, and Henry Ward Beecher's tribute to Apple Pie.

A tasting contest might follow to see how many can tell the name of an apple by its flavor, but before this is tried let each pare and quarter and core his apple, and try to estimate what per cent of the whole is discarded. There is room for discussion whether an apple should be pared and why? What may be done with skins and cores; when does it pay to make jelly of them, etc.

Another point worthy of some attention is the proper drying or evaporation of apples.

There the teacher has an opportunity to talk of food values, but should not go

too far in this direction at first. After the apples have been slowly tasted,—for that is a good lesson, since few really enjoy the flavors of food as they might,—all the refuse may be gathered up in the papers and disposed of as is best. Why not use the refuse to make a fire as we use scraps of paper? Then again the large proportion of water will be recognized. The knives can be rubbed dry with a scrap of paper. The teacher, then, can grate a portion of an apple and gather it in a rag and squeeze it, or failing to have the rag may lay it on a blotter, which will absorb a large part of the juice or water.

The fiber remaining should be studied, since that is what must be softened by heat in the pies or puddings.

Grated apple may be added to sweetened cream and frozen. Such a lesson is easily managed in winter time, using snow instead of cracked ice with salt, and freezing the flavored cream in small lots in small tin cans with covers, such as baking powder comes in. Another exercise might be to let each write on the blackboard the name of some good way his mother has of cooking apples. Or let several tell how to bake apples.

If we had to choose just one way to cook apples, would it not be the baked apple? But an apple to bake must be a very perfect apple with a fine flavor. So when the apples are imperfect we have to core and pare them and put other things with them, like spice and sugar, to make them taste good.

To bake:—Choose fine apples; wash them and put in an agate plate with a little water to keep the juice that will run out from burning on the pan. Put in that part of the oven where the heat will reach top and bottom of the apple alike. This place will differ somewhat in the ovens in our houses, as they are not all of the same size and shape. In a gas or kerosene stove the oven is often above the fire, while in the coal or wood range the fire is on one side of the oven. How many can study the stove at home and tell us about it another day? How many can bake some apples all alone at home?

How long will it take to bake apples? Will it take more time to bake ten than to bake one? Every country child has a chance to see something of the processes of cooking, so a teacher, having some practical knowledge herself, or by previous study of a public-school cookbook, can gradually bring together the essential points in baking an apple. The size of the fruit, the heat of the oven will be mentioned as influencing the time of baking, but the important thing is the result—a soft apple, rather browner than when it went into the oven, but not burned. Nor should the apple be left in the oven until it is dry and shriveled. The ideal baked apple is that which can be eaten just as the juice has changed and puffed the whole fruit into a mass of foam. This condition is best reached by roasting the apples before an open fire. But the usual oven-baked apple, even when cold, is a good article of food.

There are many variations of this simple process which may be discussed with older pupils, and even may be carried out in the schoolroom.

If each pupil's mother will lend one utensil, a good working outfit can be secured and a small kerosene lamp stove, or the top of the schoolroom heater, will give a chance for many useful experiments.

Where no oven is available, apples may be cooked in a pan on top of the stove in a syrup made of one cup, each, of sugar and water for six or eight apples. The apples need not be pared, if the skins are bright red and are not imperfect or too thick. It is a good plan to prick the skin or make horizontal or circular cuts at regular intervals to prevent its breaking or slipping off altogether. The apples should be cooked gently and uncovered until tender, but not too soft. They must be turned over, at least, once, that both ends may cook alike. After they are taken out of the syrup a little soaked gelatine may be added to it, or

without any addition it may be allowed to cook away a little more and then be poured into and over the apples.

Pared-and-cored apples are sometimes filled with cooked sausage or other chopped meat and then baked or cooked on top of the stove with a very little water or fat around them to prevent burning.

The apple dumpling, or variations of it, would make a good substantial addition to cold luncheons, but that type of cookery is more complicated and should be taken up later with doughs.

An Apple Salad is quickly made at school, if somebody's mother will send a little jar of salad dressing. Any combination of sliced apple and chopped nuts, with either celery or lettuce, or even tender cabbage, will make a good salad.

Apple Pie cannot be made and baked in the ordinary schoolroom. But when apple pie is brought from home, this verse and Rev. H. W. Beecher's description may be read to all the school.

APPLE PIE

"All new dishes fade, the newest oft the fleetest:
Of pies ever made, the apple's still the sweetest.
Cut and come again, the syrup upward springing,
While life and taste remain, to thee my heart
is clinging.

Who a pie would make, first his apple slices,
Then he ought to take some cloves and best of
spices,
Grate some lemon rind, butter add discreetly,
Then some sugar mix, but mind, — the pie not
make too sweetly,
If a cook of taste be competent to make it,
In the finest paste he will enclose and bake it."

"Do not suppose that we limit the Apple Pie to the kinds and methods enumerated. Its capacity in variation is endless, and every diversity discovers some new charm or flavor. It will accept almost every flavor of every spice. Yet nothing is so fatal to the rare and higher graces of Apple Pie as inconsiderate, vulgar spicing. It is not meant to be a mere vehicle for the exhibition of these spices, in their own natures; it is a glorious unity, in which sugar gives up its nature as sugar, and butter ceases to be butter, and each flavorsome spice gladly vanishes from its own full nature, that all of them, by a common death, may rise into the new life of Apple Pie! Not that apple is longer apple! It, too, is transformed; and the final pie, though born of apple, sugar, butter, nutmeg, cinnamon, lemon, is like none of these, but the compound ideal of them all, refined, purified, and by fire fixed in blissful perfection."

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# Dishwashing in Literature and Elsewhere

## By Mrs. Geo. L. Washburn

AS to dishwashing in literature, I am reminded of what Betsey Prig said about Sairey Gamp's cherished friend, Mrs. Harris:

"I don't believe there's no sich a person!"

Literature has been defined as "life seen through the medium of master minds," but the master minds have been singularly unconscious of dishwashing.

Unlike so many of my sex, I do not dislike dishwashing; it delights my orderly soul to see the glass and china and silver, the pots and the pans, the tinware and the woodenware emerge from my treatment clean and shining and ready to be used again. But it does take a great deal of my time, and why, I ask, are the dishes never washed in literature? Food is prepared, food is eaten, but what becomes of the dishes?

We know from Milton that even in Eden there were dishes. The fatal apple was, perhaps, "eaten by hand," as apples still are eaten in rural districts, but previous to that sad occurrence, when Eve is entertaining an angelic guest, she prepares an elaborate meal with great choice of viands,

"Nor these to hold
Wants her fit vessels pure,"

and while the refection was being enjoyed, Eve

"Their flowing cups
With pleasant liquors crowned,"

but when the meal was over and Eve withdrew, it was not to wash these cups and vessels, but to go

"forth among her fruits and flowers
To visit how they prospered, bud and bloom."

As to when and by whom those dishes were washed, Milton gives us absolutely no information. Did Adam and Eve do them together, cosily and chummily, after the guest had gone, or did Eve stack them and leave them until morning?

Tennyson does little better than Milton. When Enid's father welcomes Geraint to his castle, "poor, but ever open-door'd,"

"Enid brought sweet cakes to make them cheer,
And in her veil enfolded, manchet bread.
And then, because their hall must also serve
For kitchen, boil'd the flesh, and spread the board,
And stood behind and waited on the three."

When supper is over, Enid presumably washes the dishes, but except for a casual allusion to

"Enid at her lowly handmaid work,"

nothing is said about it. And so it is with all the rest of the poets and writers; Scott, Cervantes, Shakespeare, Browning, you may search them all; you will find plenty of cooking and eating, of feasting and rioting, but seldom any dishwashing.

Who shall wash the dishes and do the other unattractive but inevitable tasks is really one of the fundamental problems of civilization. On Prospero's Island such work was relegated to the unhappy Caliban, and this, in the main, has been the plan adopted by society. It was, for a time, a fairly satisfactory arrangement for Prospero and Miranda and their class, although they were always secretly afraid of their minion. But some two thousand years ago it began to be whispered around the world that Caliban, too, was a brother (sometimes he was called Onesimus), that he also had his dream and vision of Setebos, and the foundation of Prospero's house began to crumble. And now the rains descend and the floods come and the winds blow and beat upon the house, and its whole structure seems doomed.

In one of Madame de Hegermann-Lindencrone's charming letters, first published — strange coincidence — in August, 1914, she gives an account of her attendance at a Court Ball at the Royal Palace in Berlin.

"It amused me," she writes, "while we were waiting in the carriage to see standing before one of the entrances to the Palace a whole line of soldiers with serviettes hung over their shoulders. They were there for the purpose of washing the dishes after the supper." And, as she was leaving the Palace after the ball, she saw through the open door of a room they passed "a regiment of soldiers wiping plates."

Caliban, thinking that he was about to throw off the yoke of Prospero, chuckles at the prospect —

"No more dams I'll make for fish,
Nor fetch in firing
At requiring;
Nor scrape trencher, nor wash dish."

To Caliban, that is, as to Prospero and to Kaiser Wilhelm and, perhaps, to you and to me, success in life means to escape from its unpleasant details and to impose them upon some other. It is a very different spirit from that which strives to make the whole world free.

But if Caliban is free, who will wash the dishes? Shall Ferdinand? or Miranda? Ferdinand, moiling the wood, was assured that

"poor matters
Point to rich ends,"

but would his philosophy have stood the test of dish water? I believe Ariel might turn dishwashing into poetry, or perhaps Prospero will come to the rescue with his magic. As I have said, I do not dislike dishwashing, yet I would like, sometimes at least, to go to the ball, and not always to spend the evening in an adjoining room, wiping plates.

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## PRODUCTION AND EFFICIENCY

IN all that is being said about living expenses and world-wide unrest today, a few things only seem real and tangible. One thing is certain; people do not want to hear any more about the conservation of food. The word has become odious; people will have no more of it. They are heartily tired of further appeal for conservation, or Hooverism. The practice has little or nothing to do with true thriftiness, which is always in order and commendable. The earth is the Lord's and the fulness thereof. Eat and be satisfied alone will suffice for wholesome living here.

Again, the demands of the so-called workmen for shorter working hours and higher pay is, to say the least, most untimely and unseemly under the conditions that now exist. No course of procedure could be more unwise and perverse, than to advance the price of anything, including wages, at the present time. What we, as a people, need and want above all, is the opportunity to work as many hours per day as we choose, to produce just as much as possible, in every line of production, and to sell all surplus in the markets of the world. This means real thrift, and naught else does. Through increased production, then, only can be solved the economic problems of the day.

But, according to the *Saturday Evening Post*,

"Some wordmongers offer an easy solution — namely, just expropriate capital and capitalists. But intelligent and candid socialists know that is not a solution. John Spargo, for example, says:

" 'Every serious student of the problem has realized that the first great task of any socialist society must be to increase the productivity of labor. It is all very well for a popular propaganda among the masses to promise a great reduction in the hours of labor and at the same time a great improvement in the standards of living. The translation of such promises into actual achievement must prove an enormous task. To build the better homes, make the better and more abundant clothing, shoes, furniture and other things required to fulfill the promise will require a great deal of labor and such an organization of industry upon a basis of efficiency as no nation has yet developed.

" 'If the working class of this or any other country should take possession of the existing organization of production, there would not be enough in the fund now going to the capitalist class to satisfy the requirements of the workers, even if not a penny of compensation were paid to the expropriated owners.'

"For intelligent and candid socialists, as well as for all other serious students, the only solution, finally, is greater production, higher industrial efficiency. Now the efficiency of any industrial unit depends first of all upon the ability of the management — of the directing mind or minds. Whether it is a great railroad system or a corner fruit stand, picking a capable manager is the first step toward getting that unit to function properly.

Without that step no other steps will answer."

Hence capable management is the first great need of the hour, and the second is efficient industrial labor.

## PROFITEERING

PROFITEERING is not confined to the limits of the United States alone; it is a menace to peace and prosperity the world over. According to an English publication, *The Table*, "It has been suggested by the Secretary of the Ministry of Food that, to check the operations of the profiteers, it might be desirable to re-enact the old Statutes, which were amended seventy-five years ago, against Forestalling, Increasing, and Regrating. These made it a criminal offence to buy up large quantities of any article for the purpose of re-selling it at an unreasonable price — in modern parlance, cornering — or to practice any artifice or device for enhancing the price of victuals.

"The proposal seems to be a judicious one, for it appears that in the matter of protecting the public against the operations of trusts and trade combinations, Great Britain is almost alone among the countries of the world in the *laisser faire* attitude which it has maintained. Under the Japanese law a punishment involving the compulsory winding-up of a business concern is imposed, while China has recourse to her favorite *argumentum ad hominem*, and punishes the delinquent with a sound thrashing of eighty blows. It has even been proposed in France that profiteering in food should be made a capital offence."

No matter what is done to check this outcome of war methods, the continued practice of profiteering can be regarded as little less than criminal.

## PROFIT AND LOSS

IT is self-evident no kind of business can be conducted for any considerable length of time at a loss. Workmen must earn their wages and something more, or the concern for which they work will soon go into bankruptcy. Many a small farmer, for instance, cannot afford to hire needful help simply because his farm cannot be made sufficiently productive to pay the increased wages demanded by the workmen. The proofs of these things are to be seen in the status of business concerns on every hand. Profit-sharing, as suggested by some, is all right, but do we ever hear of workmen proposing to share in the losses that are likely to occur even in well-managed industries?

Let us eliminate profiteering of every sort and description — especially in the necessities of life. Let us cease to spread broadcast the seeds of selfish and deceitful propaganda. Let us all settle down in the earnest, steady pursuit of productive enterprises. In our governmental affairs we need at this time to be subjected less to baneful effects of partisan politics and to derive greater benefit from the benign influence of generous statesmanship.

## THE QUESTION OF HELP

NOT only is the cost of foodstuffs a perplexing subject in way of social readjustments, but the preparation or cooking of foods is likewise troublesome and difficult of accomplishment.

Something of the domestic difficulty in America, as seen by foreign eyes, may be indicated by the following item of correspondence taken from an Exchange:

"The servant question here, in America, writes a correspondent of the *Evening Standard*, is so serious that it is a very exceptional woman who can boast of having kept any kind of household servant a year. And if you have not one, you simply cannot get one without paying her an enormous wage, giving her all the privileges she wants and reconciling yourself to the fact that she will not wear a uniform of any sort and may not wear an apron if she does not wish.

Most housewives do their own work if they have small families, others have given up the effort to keep house and

live permanently at hotels, and the boarding schools cannot cope with the applications they have, because distracted mothers want to send their children off to school since they cannot get servants to look after them. Occasionally groups of women in a country town arrange to have one servant among them. She spends three hours at each house doing the heavy work or just whatever she is told to do, and as there are four women who have her she gets four times as much as she would otherwise, so she is satisfied. She changes the hours, so each woman gets her sometimes in the morning, again in the afternoon. It does not sound very satisfactory, but the women who are trying the experiment declare it works all right."

## THE NEED OF ECONOMY

IF ever economy was called for, it is now. In war-time, the need was more evident, but not more real. We could make it very personal then by saying we were saving meat, wheat, and sugar that the soldiers might not lack those essentials. We rallied to Mr. Hoover's standard, for we knew that we were at war and to secure victory in war meant self-denial and the husbanding of resources. Our mental fallacy lies in thinking that the war is over. Peace may have been signed, but the economic disturbance has not subsided. The waves are still running high. Caution is yet necessary or the boat may capsize. The people who are spending money lavishly for jewels and other non-essentials are rocking the boat.

— *The Christian Register.*

## JOY STRIKERS

THE labor agitator who wants to ignore compacts, ignore duly chosen representatives of labor, and just step on the gas and let 'er go anyhow is having quite an inning now. It is a phase of the deep and general disturbance which events of the last five years have set up in men's minds — reacting upon a sense of labor's strong position at present. It goes on the idea that labor can afford to show its speed, irrespective of whether it has any particular destination and of the rules of the road.

But no position was ever strong enough for a spendthrift. Irresponsible, reckless striking is a mere squandering of that much of labor's strength. Joy striking is as serious an obstacle to collective bargaining as any that the most Bourbon employer can impose. There is obviously no more use in a collective bargain than in a bargain of any other sort if it is not really binding on both parties; no use in dealing with chosen representatives of labor if they do not represent.

The best students of the situation now look for a shortage of labor, or at least very full employment of labor, as a condition to be counted on for an indefinite period — instead of that unemployment which a good many people thought they foresaw six months ago. So far as we are able to see there is nothing on the horizon to gainsay that prophecy, with the possible exception of extensive interference with production, demoralization of industry and discouragement of enterprise through needless strikes.

— *The Saturday Evening Post.*

## Looking Backward

How did the aborigines
  Improve each shining hour?
To gather money all the day,
  Was not within their power.

It took no skill to build a home;
  They had to pay no tax.
Since business hours meant naught to them,
  They never craved relax.

In works of labor or of skill,
  They were so far behind,
No eight-hour days had Satan then
  To work, new sins to find.

Our days, so tense, oft make me think —
  I know 'twill make you smile —
I'd like to be an aborig.,
  For just a little while!

— *Blanche Elizabeth Wade.*



HALLOWEEN CAKE (RECIPE ON PAGE 185)

# Seasonable and Tested Recipes

## By Janet M. Hill and Wealtha A. Wilson

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

### Veal-and-Ham Pie

(Old English Recipe)

PREPARE a breast of veal for stewing and let simmer very slowly till tender. Place under a weight to shape for slicing and when cold cut in thin slices. Trim two sweet-breads; parboil slowly; place in fresh boiling water, seasoned, and allow to simmer only long enough to cook the sweet-breads without toughening. Place in cheese-cloth squares and twist to form a ball. Set away to cool. Boil four eggs in shell for thirty minutes and allow to cool. Have ready also a pint of veal stock fine-flavored and stiffened, if necessary, with gelatine. Combine with this a cup of rich cream slightly thickened with gelatine, if the pie is to be served the day it is made. A few truffles sliced thin and a few mushroom caps sliced are a decided addition. Make a light, short paste and place a layer around the "ledge" of the pie-dish; fill the dish with alternate layers of the sliced veal, sweet-breads cut in slices, egg, and fine large oysters. Sprinkle the mushrooms and truffles on each layer and also use a very small amount of powdered "fine herbs" and fresh parsley minced very fine. Mix all these together and keep to one side. Add two gratings of nutmeg and do not use more than one-fourth of a teaspoonful of this seasoning for a large pie. Drop the stock evenly on each layer. Make the last layer of thin boiled ham or thin Windsor bacon boiled for ten minutes. Add the stock. Cover with the paste and bake in a moderately hot oven till the top is an even, light brown. Brush lightly with milk and return to the oven to finish browning. Serve either hot or cold.

## Yankee Boy Steak

Have a flank steak or the choice of the round, ground up very fine. One pound will make eight good-sized balls. Have ready one sweet green pepper, minced very fine, and one slice of onion, also minced fine. Flatten the meat into a large cake and sprinkle with salt, pepper and as much ground nutmeg as can be held on the sharp point of a knife. Mix thoroughly; add the vegetables and one egg, well beaten. At last, add half a cup of cracker dust. When all is combined evenly, shape into balls and sear over quickly in plenty of hot fat. Reduce the temperature and cook for half an hour, turning often. Ten minutes before serving drain off all the fat except a couple of spoonfuls. Drop in two tablespoonfuls of flour and stir well. Allow to brown nicely and add enough milk to make a smooth sauce. There should be only enough to coat the balls nicely; serve all together.



YANKEE BOY STEAK

## Brussels Sprouts with Yankee Boy Steak

Parboil the sprouts in soda water, as directed for succotash, first looking the sprouts over carefully. Cover with boiling salted water, and cook without a cover till tender; drain thoroughly and coat with melted butter.

## Firmety

Firmety is a form of porridge much used in the north of England, especially in Yorkshire. The long cooking required may be given in the oven of a range that is always heated, or in a double boiler or the fireless. Into a stone or granite vessel put one pound of crushed wheat and three pints of skim milk. Stir occasionally and add water or milk as necessary. Cook for twelve hours. The porridge will keep for a week in a cool place, well covered. To serve, allow three tablespoonfuls of the porridge to each cup of milk (new), a tablespoonful of sugar, a sprinkling of cinnamon or nutmeg and a spoonful of stoned raisins. Serve either hot or cold. If the porridge is the chief form of nourishment, the well-beaten yolks of two eggs may be added to a quart of porridge. Cream may be substituted for the egg. Barley may be substituted for the wheat and nutmeg used alone.

## Potatoes à l'Otero

This makes an attractive and delicious dish for breakfast or luncheon. Select large, well-formed potatoes as nearly uniform in size as possible. Scrub thoroughly and bake in a hot oven. When done split in half, lengthwise, and scoop out the inside without breaking the skin. Turn into a hot bowl and mash



POTATOES A L'OTERO

thoroughly; season with salt, pepper and butter. Add just enough hot milk to make a smooth mass, but rather dry. Beat till very light with a fork and pile in a neat border around the edge of each potato shell; also place a thin layer on the bottom.

Arrange the cases on a baking tin, and in the hollow center of each place a small filet of whitefish, which has been rolled and sautéd while the potatoes were being prepared. Drop tiny bits of butter on the border and a few buttered crumbs on the fish. Slip into a hot oven or under the broiler to brown lightly. Creamed fish may be used instead of the filet. Instead of fish an egg may be slipped, without beating, into the case. For luncheon, sprinkle grated cheese over the egg and on the border. Pan-broiled oysters, nicely seasoned, are also fine.

## Oysters à la Mornay

Allow two oysters for each half shell or one service. Poach the oysters in their own broth. To serve eight, prepare a generous cup of Mornay sauce. Put a scant tablespoonful of sauce in each shell and on this dispose two of the poached oysters; cover with a tablespoonful of the sauce, sprinkle with grated cheese and melted butter, and glaze in a very hot oven. Serve at once. Use the deep part of the shell; before filling these set them on a shallow pan of salt, that they may stand level during cooking. To serve set on hot, folded napkins laid on individual plates. A slice of bacon rolled and cooked is an agreeable addition.

## Mornay Sauce

To a pint of hot Bechamel sauce made with fish stock beat in two ounces, each, of Gruyére and Parmesan cheese. Let the sauce remain over the fire until the cheese is melted, then remove and gradually beat in, in bits, one-fourth a cup of butter. The addition of the cheese is the feature of the sauce, and

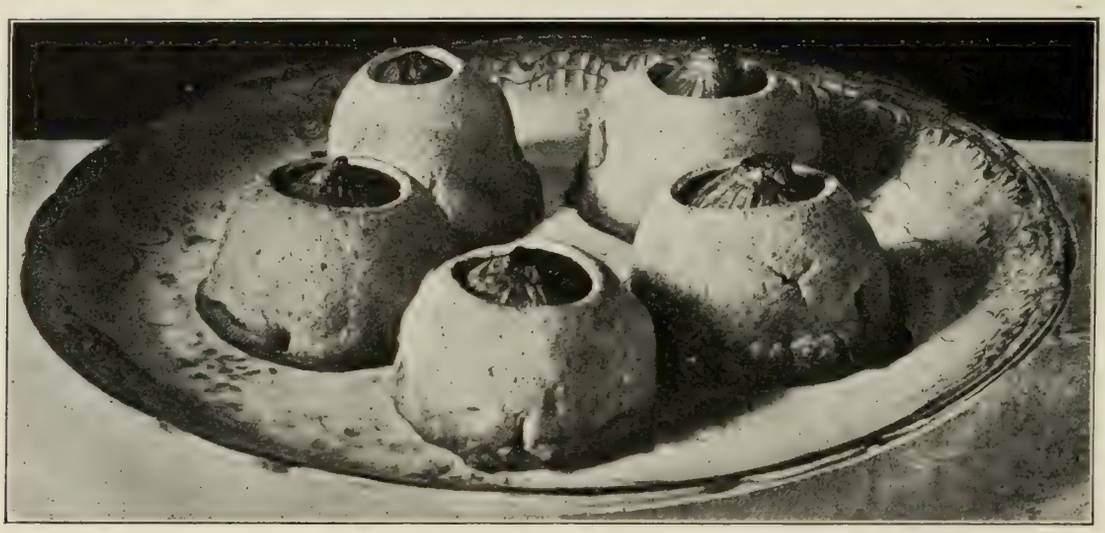


OYSTERS A LA MORNAY

when the sauce is to be used with other articles than fish — this does not often occur — any white stock may be used.

## Onion Dumplings with Potato Crust

Select onions of medium and uniform size. Cook in boiling, salted water, uncovered, till transparent. Cut rounds of paste, allowing a margin of one-fourth of an inch all round. Allow one round for each onion. Cut an equal number of similar rounds and cut from the center of each a small round. Place an onion on the large round, wet the edges lightly, place the ring of paste over and press down lightly. Drop a bit of butter and some pepper and salt on the onion. Put on to baking sheet and slip into a moderate oven. When nicely browned serve with a spoonful of rich cream sauce on top of each dumpling. If preferred, the paste can be cut into squares and the points gathered together on top.



ONION DUMPLINGS WITH POTATO CRUST

## Potato Paste for Onion Dumplings, Meat and Vegetable Pies

Pare and slice enough white potatoes to fill a cup when mashed. When tender (but not soft) drain well and dry over the flame for a second. Mash entirely free from lumps; add two tablespoonfuls of butter and beat all till very light. Have ready one cup of flour, one-half teaspoonful of salt and four teaspoonfuls of baking powder thoroughly blended. Work into this two tablespoonfuls of butter. Add the flour mixture gradually to the potato with just enough cold water to make a firm dough (not more than damp). Turn out on a floured board. Knead lightly and quickly into a smooth ball. Pin out into an oblong three or four times longer than wide, and not more than one-eighth of an inch thick. Brush lightly with melted butter and roll the paste into a cylinder. Make into an oblong again and repeat the first process. Do this four times in all, forming the dough into a large sheet the last time, about one-eighth an inch thick. This paste bakes more slowly than the ordinary kind and must be thoroughly done and nicely browned. It is used as top only.

## Ginger Baked Apples

Pare and core large tart apples. Fill the cavity with fine-chopped preserved ginger. Arrange in a baking dish with a good supply of syrup made of apple, crab or light grape jelly, some of the syrup from the preserved ginger and the juice of one lemon. Use a moderate oven and baste the apples frequently. Continue the basting after the apples are baked and are cooling, in order to glaze them nicely with the jelly. Top each apple with a spoonful of whipped cream



GINGER BAKED APPLES

when serving. If the apples are very tart, more sugar may be needed in the basting syrup.

## Ginger Cream

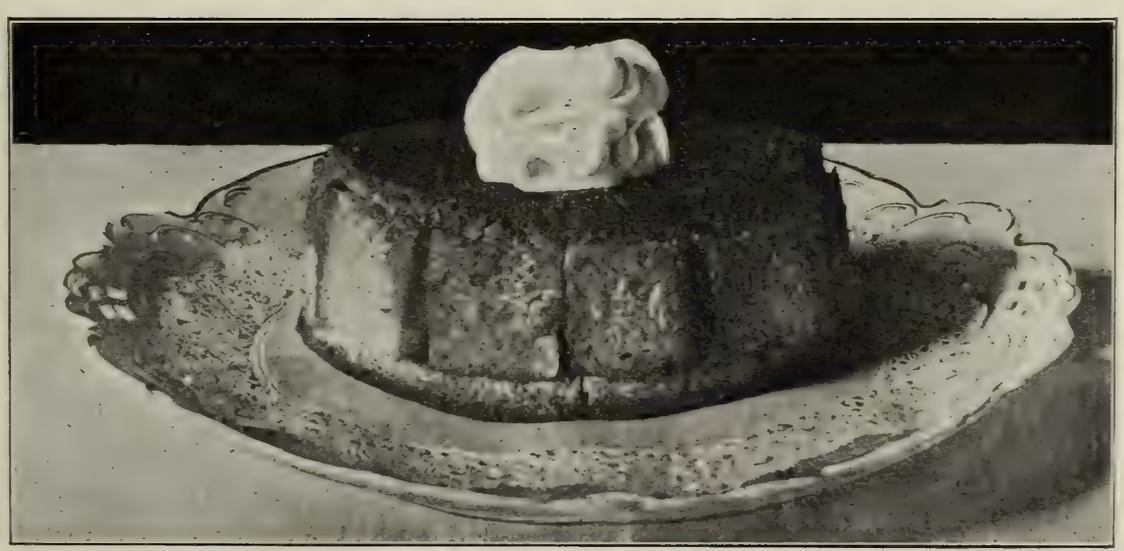
Make a custard of the yolks of four eggs and the whites of two, four tablespoonfuls of sugar, two tablespoonfuls of syrup from preserved ginger, and one pint of milk. Just before the custard is done, add as much previously softened gelatine as is required of the brand you are using for a pint of liquid. Allow plenty of time for the gelatine to become completely dissolved in the hot custard. As soon as the mixture coats the spoon smoothly, stand the vessel in cold water to arrest cooking, and then turn the custard into molds. Sprinkle each mold with chopped, preserved ginger.

## Apple Charlotte

Butter a small, oval Charlotte mold. Cut a thin slice of bread, just the size and shape of the bottom of the mold, and another for the top of the mold. Spread both sides of the bread with butter. Put one slice in the bottom of the mold, now line the inner walls of the mold with moderately thin strips of bread, buttered on both sides. Within the case place layers of apples cut small, with orange marmalade or apricot jam spread between; add, also, to each layer a light sprinkling of sugar and a little melted butter, and let bake till done; serve with cream and sugar and custard.

## Raisin Pie with Meringue

Line a pie-dish with pastry and fill with the following: Beat the yolks of two eggs; add one cup of sugar, the grated yellow rind and the juice of one lemon, a pinch of salt and a cup of chopped, seedless raisins. Add a little water if the mixture seems dry or, better still, cook the



APPLE CHARLOTTE

raisins for a few minutes till plump and use the water with the raisins. Bake in a moderate oven and when cool cover with a meringue made of the whites of the eggs. Beat the whites till stiff, but not dry. Add, gradually, four tablespoonfuls of sugar and continue beating till the mixture retains its shape when piled up. Slip into a warm oven to dry slowly at first, increasing the heat for browning.

## Uncooked Fruit Whips

The amateur cook and the housemother forced to do without a serving maid will hail the uncooked fruit soufflé as her staunchest ally. Any one who considers the high cost of living will also consider the uncooked fruit soufflé. It does away with all oven worry and makes no feverish demands for hurried serving. The rules for its successful making are few, and fruits that would otherwise be prohibitive for a large family are satisfactorily "stretched" in their original, natural flavor, so that the family thinks it is enjoying summer as in the days when prices were within reach.

The conditions for the successful making of an uncooked fruit soufflé are few and simple, but insistent. Everything must be absolutely cold. Eggs must be fresh, and beaten to the last degree of lightness. An infinite variety is within reach, because the flavor depends on the kind of fruit used; the proportions remain the same.

## Proportions for Fruit Whip

Beat four or five egg-whites very stiff. They are stiff enough when the bowl can be turned upside down without the egg-whites slipping out. Have ready one cup of fruit pulp, into which has been stirred one-half cup of sugar and the juice of half a lemon. Fold this very carefully into the beaten whites and turn into the serving dish; put into the ice box till serving time. Use the yolks to make a soft custard and pour this around (not over) the whip when serving. Either fresh or dried fruits may be used, the dried ones being first soaked over night and cooked till soft. Seedy fruits should be pressed through a sieve in order to remove the seeds. Almonds, chopped very fine and sprinkled over the top of an apricot whip, give a pretty touch, and pistachio nuts are pretty with strawberries or pineapple.



UNCOOKED FRUIT WHIPS

## Delicate Cake with Fudge Frosting

½ cup butter
1 cup sugar
2 egg-yolks
½ cup milk
1½ cups flour
2 teaspoonfuls baking powder
¼ teaspoonful mace
2 egg-whites, beaten very light

Mix and bake in a pan about six by ten inches and cover with Fudge Frosting.



DELICATE CAKE WITH FUDGE FROSTING

## Fudge Frosting

Melt two ounces of chocolate over hot water; add two cups of sugar and one cup of milk, and stir while the sugar gradually melts. When the boiling-point is about reached, beat vigorously and let cook to the soft-ball stage, about 236° F. Remove from the fire, add a teaspoonful of butter, and let stand until cold, then beat until creamy and spread on the cake.

## Fudge Cake with Fruit and Marshmallow Filling

In a granite pan melt two squares of Baker's unsweetened chocolate. Add three tablespoonfuls of butter, one cup of powdered sugar and one-half cup of milk. Stir well and cook till the "fudge" begins to thicken perceptibly. Add the yolks of two eggs, beaten in another half cup of milk. Continue cooking till the mass



MATERIALS FOR MAKING MARMALADES



ORANGE JACK-O-LANTERN

is quite jelly-like. Set aside to cool. When almost cold stir in one teaspoonful of baking soda, dissolved in a little water. If the soda is added while the mixture is hot, the cake will be red in color and taste of the soda. Stir in one cup and two-thirds of flour. Bake in two square layers. The baking will take but a short time since everything is cooked except the flour. This insures a tender texture.

## Filling for Fudge Cake

Stir two cups of granulated sugar and one-fourth a cup of water until the sugar is dissolved. Boil slowly until the syrup drops from the end of the spoon and flies in a thread. Just before boiling add two squares of sweetened chocolate. Beat the whites of two eggs to a stiff froth and pour the syrup over in a fine stream, beating all the time. Have half a pound of marshmallows, cut into fourths (with the scissors), and drop these into the finished icing. Do not stir or attempt to cover the pieces with the icing any more than happens from using the icing. It is not desirable to melt the marshmallows. Have ready, also, three-fourths a cup of chopped raisins and the same of pecan meats, sliced thin. Place a thin coating of the icing on the top of each layer, then a layer of raisins and nuts and another layer of icing. Have everything ready to use as soon as the icing is ready and divide the portions evenly.

## Spice Cake

Cream together one-half cup of butter and two cups of brown sugar. Add three eggs and beat till the mass is very light. Stir one-half teaspoonful of baking soda into one-half cup of New Orleans molasses and add to the cake mixture with one-half cup of strong coffee and three-fourths a cup of sweet cream. Mix lightly before adding three cups of flour, into one cup of which has been stirred three teaspoonfuls of baking powder, two level tablespoonfuls of cinnamon, one tablespoonful of cloves, one teaspoonful of ginger, one-fourth a teaspoonful of black pepper and the same of nutmeg or mace. Add this cup first and as much of the remaining two cups as are needed. Bake in a loaf and cover with chocolate icing.

## Chocolate Icing

Boil together for five minutes two cups of granulated sugar and one-half cup of water. Add three ounces of chocolate and cook till a little dropped in cold water makes a hard ball. Add four eggs well beaten. Cook five minutes, stirring all the time. Take from the fire and add a teaspoonful of vanilla. This is good for coating cream puffs and eclairs and for tops of layer cakes. It cuts well and does not crack.



COLONIAL BON-BON DISH

## "Torchy" Marmalade

Select carrots of a rich orange color. Scrape and slice crosswise very thin. Cover with water and cook till tender, but do not stir as this will break the slices. When tender enough to be pierced with a straw, drain carefully. Add an equal amount of sugar and the juice and grated yellow rind of one lemon for each pint of carrots. Let stand half an hour and add as much water as necessary to cook the carrots till clear. Reduce the syrup as much as possible without scorching. Add as much orange jelly as carrots and allow to become thoroughly hot. Drop the carrots into small retainers, adding with each layer a few large, seedless raisins. Fill up with the jelly and seal.

## "Penrod and Sam" Marmalade

This is well named for several reasons. It is thoroughly good, unusually good, in fact, and is made from what some would scarcely consider good salvage. Its basis is the material left in the jelly bag when making orange jelly. No one but the skilful and economical juggler with flavors and fruits can say just what other things go to the making of this marmalade. The contents of the bag are turned into a preserving kettle and an equal amount of sugar is added. Just enough water to reach the top of the fruit is added and the whole is cooked till the skins become transparent. At this point other fruits may be added. A few peaches may be left from lunch; a glass of rhubarb sauce may be added, and two or three figs may be sliced and added. Half a dozen large raisins or a fine large prune sliced lengthwise into sixteen pieces — all these may be put together, keeping the sugar equal to each addition and cooking slowly. At the last an orange cut into fourths (without removing the rind) and sliced very thin crosswise will make a pretty addition. There is always a chance that a squeeze of lemon juice will prove to be needed to give "point" to the flavor. A glass of apple jelly or a generous portion of the orange jelly will certainly not do any harm. The fact is, this marmalade may not "find itself" till the fruit season is over.

## Carrot Pie

One cup of stewed carrots, one cup of hot milk, one-half cup of sugar, one-half teaspoonful of ginger, one teaspoonful of cinnamon, one-half teaspoonful of allspice, one egg well beaten, a pinch of salt. Bake in one crust. An extra egg-yolk may be used and the white made into a meringue.

## Carrot Pudding

One-half cup of grated raw potato, one-half cup of grated carrot, one-half cup of sugar, one-fourth cup of chopped suet, one teaspoonful of cinnamon, one-half teaspoonful of allspice, one-third teaspoonful of salt, one-half cup of flour, one teaspoonful of baking powder and one-half cup of raisins. Steam in individual cups.

## Apple Slump

This is a "first-aid" dessert. If slipped into the oven just as the family sit down to a simple dinner, it will be ready for the dessert course. Select tart apples that cook well. Pare and slice as for apple sauce. Add sugar, a tablespoonful of butter and a little water, and cook on top of the stove. Mix two cups of flour, one-fourth a teaspoonful of salt, and three teaspoonfuls of baking powder. Beat one egg very light and add one tablespoonful of sugar, two tablespoonfuls of melted butter, and one cup of milk. Add to the flour, beat well and pour over the boiling apple sauce after dusting it with cinnamon. Turn an inverted, deep pan over the top at once, and keep closely covered and steaming vigorously for ten minutes. Slip into the oven ten minutes before leaving the kitchen and remove the cover at the end of that time. It is necessary to keep the sauce steaming when the batter is poured over and afterwards, as the light texture depends on this. For the same reason it is necessary to keep the batter closely covered until the mixture is safely "set."

# Simple Well-Balanced Meals for
## ONE WEEK IN OCTOBER

### SUNDAY

**Breakfast**
Ripe Pears
Firmety, Top of Milk
Mushroom Caps in Bacon
Cornmeal Muffins (reheated)
Coffee Cocoa

**Dinner**
Veal-and-Ham Pie
Creamed Potatoes
Tomato Salad
Jellied Peaches
Oatmeal Cookies
Coffee

**Supper**
Cottage Cheese
Boston Brown Bread
Chocolate Cake
Tea

### MONDAY

**Breakfast**
Baked Ginger Apples
Baked Hash
Sour-Milk Whole-Wheat Muffins
Coffee Cocoa

**Luncheon**
Turkish Rice
Rolls (reheated)
Stewed Prunes
Macaroons
Tea

**Dinner**
Roast Loin of Pork
Candied Sweet Potatoes
Sour Cabbage
Apple Shortcake

### TUESDAY

**Breakfast**
Oranges
Puffed Rice, Top of Milk
Potatoes à l'Otero
Corn Bread
Coffee Cocoa

**Luncheon**
Cream of Parsnip Soup
Stuffed Green Peppers
Floating Island
Sugar Cookies
Tea

**Dinner**
Planked Steak with Fried Oysters
Mashed Potatoes
Buttered Carrots
Celery-and-Cabbage Salad
Peach Shortcake
Coffee

### WEDNESDAY

**Breakfast**
Iced Cantaloupe
Flummery, Top of Milk
Liver and Bacon
Buttered Toast
Coffee Cocoa

**Luncheon**
Jellied Salmon
Creamed Potatoes
Spiced Beet Pickles
Lemon Pie
Tea

**Dinner**
Veal Stew with Dumplings
Baked Potatoes
Endive Salad
Apricot Charlotte Russe
Coffee

### THURSDAY

**Breakfast**
Jellied Figs
Barley Porridge
Oatmeal Sausage
Buttered Toast
Coffee Cocoa

**Luncheon**
Florentine Soup Cheese Crackers
Eggplant, Turkish Style
Pineapple-and-Cream-Cheese Salad
Tea

**Dinner**
Fillet of Beef with Banana Croquettes
Brussels Sprouts
Buttered Lima Beans
Tomato Glacé Salad
Ginger Cream
Sponge Cake
Coffee

### FRIDAY

**Breakfast**
Rice Balls with Prune Centers
Bacon Fritters
Scalloped Potatoes
Baking Powder Biscuits
Coffee Cocoa

**Luncheon**
Cream of Tomato Soup
Scalloped Oysters
Corn Relish
Hot Gingerbread, Whipped Cream
Tea

**Dinner**
Stuffed Baked Fish
Maître d'Hôtel Potatoes
Cauliflower, Hollandaise Sauce
Cucumber Salad
Plum Pie
Coffee

### SATURDAY

| Breakfast | Luncheon | Dinner |
|---|---|---|
| Grapefruit | Clam Broth with Whipped Cream | Creamed Chicken in Bread Box |
| Oatmeal Porridge, Top of Milk | Corn on Ear | French Fried Potatoes |
| French Omelet | Cold Sliced Mutton | Stewed Corn with Green Peppers |
| Bacon | Sweet Potato Pie | Pershing Salad |
| Popovers | Tea | Raisin Meringue Tarts |
| Coffee Cocoa | | Coffee |

# Menus for Special Occasions

## Menus for High School Lunch Counter

Cottage Cheese, Celery
Boston Brown Bread Sandwiches
Milk

Baked Ginger Apples with Cream
White Bread and Butter Sandwiches
Meat Loaf
Milk

Baked Spaghetti with Cheese Sauce
Bread and Butter
Milk

Dried Green Pea Soup
Jellied Salmon
Cornmeal Muffins (cold)
Cocoa

Banana Cake
Junket Topped with Whipped Cream and
Powdered Caramel
Cocoa

Cream of Tomato Soup, Celery
Baking Powder Biscuits, Cheese
Cocoa

Apple Shortcake with Whipped Cream
Cocoa

Florentine Soup with Whipped Cream
"Coffee Bread"
Tea

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## Buffet Refreshments for Receptions in October

I

Clam Cocktail in Tomato Baskets
Timbale Molds of Chicken, Tongue and Ham
with Mayonnaise
Tiny Baking Powder Biscuits
Diamonds of Fancy Cake
Hot Coffee, Chocolate, Tea

II

Fried Oysters with Celery-and-Cabbage Salad
Tiny Cheese Puffs
Boston Brown Bread Sandwiches
White Bread Sandwiches with Nut Filling
One-Two-Three Dessert
Hot Coffee, Chocolate, Tea

III

Tiny Finger Rolls, Toasted, Centers Filled
with Creamed Chicken and Oysters
Piccalilli, Ripe and Green Olives, Tiniest Gherkins
Tomato Glacé Salad, Nut Sandwiches
Peach Ice Cream, Fancy Cakes
Hot Coffee, Chocolate, Tea

IV

Clam Broth with Whipped Cream
Jellied Chicken on Lettuce Hearts
Beaten Biscuits
Pineapple Sherbet
Fudge Cake, Angel Cake



# The Art of the Chopping-Bowl

By F. M. Christianson

OLD things give place to new. With the coming of the meat-chopper or, more properly, crusher, the chopping block and bowl have been discarded and one rarely hears of or even sees a chopping-bowl in the homes of today.

Even horseradish, which our mothers never thought could be made good in any other way than by grating, is today forced through the meat-chopper, ruining the horseradish, which comes out a coarse, "choppy" looking mess, full of hard particles. The grater permits of shredding the roots very fine and one can discard all the hard parts as the grating goes on.

The poor way is the quick way. The good housewife will not sacrifice good food and health for speed, but will do it the better way. Hash is a fine dish, or should be, which the majority of people turn up their noses at because it is made from meat-gristle, cartilage and bone forced through the meat-crusher; this fines it in a certain way, but when the unseemly mixture is mixed with potato and heated up, it is anything but a palatable dish, because one is constantly biting into a piece of gristle or bone.

Just a little good beef left over and a little gravy can be made the basis of an appetizing dish when it is prepared in the right way.

Place the meat, after all bone, gristle and tough membranes have been removed, in a clean chopping-bowl and with a good chopping-knife chop the meat till very fine, and as the chopping proceeds the bits of gristle and sinews that are too tough to be cut will come to the top where they may be removed, and finally you'll have a fine, evenly chopped, tasty meat in your bowl.

A cup of this meat to one cup and one-half of left-over mashed potatoes is a good proportion for hash. If the left-over potatoes are not mashed, put them in with the meat, now, and continue the chopping till all are incorporated with the meat.

Place in a cast-iron frying-pan, preferably. Season with pepper and salt. Add gravy and a little beef-dripping, if the meat is lean. Put over all enough water to moisten it nicely. Let the hash-mixture heat through quickly and then let cook *slowly*, stirring now and then for three-fourths or one hour, insuring a fine deep brown crust when ready to serve, which will be on hot plates, of course.

This is a dish truly fit for a king. So often do our people clamor for hash that I have many times gone to the butcher and bought good round beef-steak and fried it well done, and as soon as cool enough to handle prepared it for the chopping-bowl, for hash.

"Can't we have hash for supper?" is a remark often heard in our home. There is a reason. I have tried to account for it.

Every home should have at least two chopping-bowls. One for meats, nuts, etc., which should never be used for chopping onions, etc. A chopping-bowl should be properly washed and dried as soon as one is through using it. That is

the only way to keep it in the best condition.

Raisins, nuts, peel, etc., are much nicer chopped in the chopping-bowl.

Raw beef, chopped on the block, is much nicer for dumplings in soups than when put through the meat-crusher.

In preparing mincemeat: If good cooking apples be stewed as for apple-sauce, instead of chopping them, and the meat, sugar, suet, and spice be added, you get a superior mincemeat.

## "Eat the Crusts"

"EAT the crusts, dear," grandfather used to say to me when on those delightful never-to-be-forgotten childhood visits to grandpa's house.

Whether it was because of the dear old man's admonition and the love I bore I don't know, but I do know that I have always eaten crusts and do yet. In childhood I ate crusts because my elders said it was right to eat them, and as I grew up and went to high school and college, I took a more than passing interest in chemistry, and then I discovered the real reason why one should eat crusts. How pleased I was when I came across a sensible reason! I remember the joy of that day yet and many others. This was the reason: The heat of the oven has a particular effect on the starch and sugar contained in the flour of the wheat and changes it into dextrine, and the greatest amount of dextrine is found in the crusts, so that the crusts of bread are the most easily taken care of by the stomach. And so I have always eaten crusts and, since adolescence, from choice.

There is not a finer dish, to my mind, than a bowl of our pure Jersey milk, with a generous handful of bread crusts nicely cut up and put in.

Just put a quart of milk into a granite saucepan, add the crust, place on stove and let come just to a boil. It will refresh you, cure fatigue and satisfy all your demands for a supper. Try it.

Every one who has traveled in Sweden will remember the thin, round, flat cakes of bread they have there. Dough is rolled out till about one inch thick and put in round, shallow pans, like our pie-tins. The dough is then pricked all over with a fork and set to raise a little time and then baked. This thin cake gives a good crust on both sides. It is cut into narrow strips. Then an individual splits a strip through the middle and adds a generous supply of good butter and it's an ideal bread. I persuaded the home folk to like it and now we all eat it. The idea was to get as much crust on the bread as possible. These northern nations are ever on the alert to find ways of better health. The coarse rye-bread, the chief bread of the peasantry, is largely responsible for their strength and vigor.

Rye-bread is certainly the finest natural dentrifice that I have ever used. After eating rye-bread for a day or two your teeth become a pearly white and remain so as long as you eat this bread.

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# Safe and Sane Canning and Preserving

By Emma Gary Wallace

IT is high time to begin thinking about canning and preserving for another season, for fruits and vegetables must be done when they are in season.

During the war it was very necessary that supplies should be prepared in the home in liberal quantities, in order to preserve perishable foods, and also to release labor wherever possible. Some housewives, however, went to the ex-

treme, and canned and preserved much larger quantities of food than their families could consume.

It was only the other day that a worried housewife said to me: "I feel as though I never wanted to see a bit of canned or preserved fruit, or a canned vegetable, as long as I live. We have eaten frantically of the supplies I put up all winter, and there are as many left now as we have used. When fresh asparagus came into the market, I still had quantities of the canned variety, and my family no longer enjoyed that, once they got a taste of the new; neither did they have the same appetite for it that they would have had, had I not been urging asparagus upon them over-much to get it used up before the fresh was in season."

This is going to extremes, but many people *do* go to extremes, thinking that they are exercising thrift and foresight by such means.

Quite the best way to do is to *make an estimate* of what the family is likely to use and enjoy during the months when the fresh supplies are out of the market. For example, if fresh asparagus will be too high to use for six months in the year, and the family will enjoy an occasional meal of it served in some attractive way twice a month, a dozen cans will make such provision; or if they would like to use it oftener, a dozen and a half cans will give an ample supply. The housekeeper of whom I spoke kept on canning and canning each vegetable and fruit as long as its price was within her reach, regardless of how much she had put up.

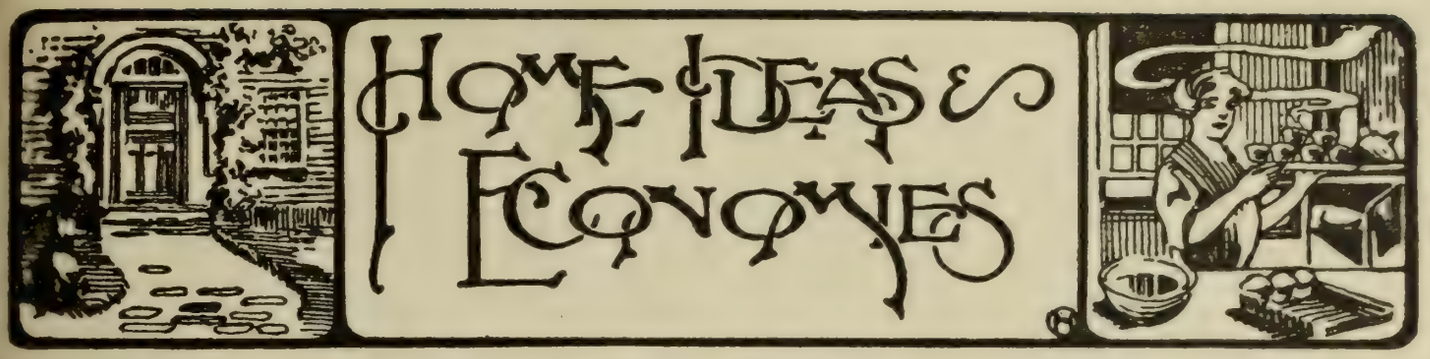
Then it is foolish, too, to can root vegetables, which are with us all winter. Extra heat must be used in the summer to prepare them, and oftentimes they are not as satisfactory as when freshly prepared. If you were to go out to buy bread or milk, you would estimate how much you would need and could use in a given time, and the same idea is applicable to canned supplies. Many times it is just as well to let the family use up food supplies of a certain kind and to be without them for a short period before the fresh comes in, for then the appetite is keener and the enjoyment greater of the fresh items.

It is much better to can six jars and have them just right, than sixteen hastily prepared and of indifferent quality. Vegetables especially cannot be successfully canned unless freshly-gathered, or they will develop flat sour, which is both disagreeable and dangerous. Make arrangements to get supplies of the best and freshest for winter use.

Many families, who have learned how much a well-balanced supply of home-canned goods can reduce the cost of living, are purchasing pressure canners of small size for individual use. Not only are gas and labor saved, but the results are much surer. In some cases, several housekeepers are purchasing pressure canners together, to be used among them. This makes it a little more convenient than to go to a Community Kitchen and take one's turn among a much larger number. Pressure canners can be used for other cooking also to good purpose, where there is a family of some size.

Much of the canning and preserving which comes out unsatisfactorily is the result of guess methods. Materials are too high-priced to use except in a proper manner. Have a formula for making syrups, heavy and light, and get accurate and reliable directions for vegetable canning, then follow them to the letter.

The prospects are that wheat and consequently flour and bread will be high for another year, and so it will be a good policy to put up such supplies in season as the average family can use; but can and preserve so that the foods will come out at their very best and there will be no left-overs in the spring.




**Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.**

## Made at Butchering Time

EVERY scrap of meat should be utilized, and when worked up into headcheese, scrapple and the like, many palatable dishes can be made from parts that were formerly thrown away or considered of little value.

Not only the head, but the feet and other meat scraps, may be used in making headcheese. Clean the head, cut out the eyes and ear drums, boil it along with the other scraps of meat till the flesh separates readily from the bone. Remove all bits of bone, and run the meat through a food-chopper or sausage-grinder; add a little of the liquor in which the meat was boiled, in order to soften it, season with salt, pepper, sage or other condiments to suit the taste, and mold by weighting down in a pan or crock. It can be served cold sliced, fried in hot grease, or sliced in vinegar. It is a good practice to fold a piece of cheesecloth or muslin over the meat when it is pressed, and to pour off surplus liquid.

Scrapple is made by boiling the meat just as you would for headcheese. Strain the liquor it was boiled in to remove all pieces of bone, and after the meat has been chopped fine, return it to the liquor, stir in sufficient corn meal to make a thick mush and cook for an hour. Season rather highly with salt, pepper and sage, or whatever suits the taste. Thyme and sweet marjoram or the prepared powder used for seasoning chile and tamales will give a flavor much relished by many. Put the scrapple in jars or pans, and when ready to use it, slice and fry quickly till brown.

Hearts, livers and melts may be used in headcheese or scrapple. Another way to utilize them is by boiling till tender, running through the chopper and seasoning. Set away in a cool place, and serve by heating in a greased pan.

Any of these products, as well as sausage, sparerib and steak, can be kept fresh through warm weather by putting it in jars and covering with melted lard. Sausage and other meat must be cooked in order to keep it in this way.

## Some Ways of Preparing Pop Corn

Besides merely popping it and sprinkling with salt or adding butter, pop corn may be made into several palatable confections. To get best results, the corn should be popped over a hot fire, but care should be taken not to scorch the popped grains. If a wire popper is used, hold it far enough from the blaze to prevent burning. The right degree of heat should make good corn begin to pop in about a minute and a half. Too great a heat will cause some of the grains to pop sooner, but many of them will not pop at all and those that pop will not be so flaky. If the grains pop well, the bulk should be increased by about twenty times.

Some like pop corn with cream and sugar, in the form of breakfast food. When served this way, the popped grains may be eaten whole or ground up in a coffee-mill. The parched and poorly popped kernels are also used in this way when ground fine, and are superior to some

breakfast foods on the market.

Chocolate pop corn is likely to be relished by every one. Take two teacups of sugar, half a cup of starch, two ounces of chocolate and a cup of water. Put into a sauce pan or kettle and boil till the syrup hardens when put in cold water. While hot pour this syrup over four quarts of freshly popped corn, and stir well to insure a uniform coating of the kernels.

Sugared pop corn is quite popular. Make a syrup by boiling together two teacups of sugar to one of water. Boil until the syrup strings from the spoon or hardens when dropped into cold water. Pour the syrup over six quarts of pop corn, and stir till all is coated, and separated.

To make pop corn balls requires a pint of syrup or molasses, either maple syrup, sugar molasses, sorghum or corn syrup, a pint of sugar, two tablespoonfuls of butter and a teaspoonful of vinegar. Cook till the syrup will harden in cold water, and add half a teaspoonful of soda dissolved in a little hot water. Pour the hot syrup over four or five quarts of pop corn, stirring till each kernel is well coated, when it may be pressed with the hands into balls or molded into any form desired. H. F. G.

* * *

## Improving Butter Beans

TO make butter beans more digestible, cook more quickly, and be more palatable than ordinarily, soak and *skin them*. It takes time to do this, but they are so much better for it that it is well worth while. One is amazed at the bulk of the skins and quickly realizes *why* so many delicate stomachs are hurt by them.

Beans so prepared cook to a pulp and the milk, butter, and seasoning can be beaten in as in mashed potatoes.

## Coloring and Flavoring Apples

To sweeten, flavor and lend a beautiful pinkish color to either apple sauce or baked apples, place a few red cinnamon candies, which the children call "red hots," into the water in which the fruit is cooked. Both the spice and the coloring will permeate to the very core of whole apples, making them unusually attractive to the eye as well as the palate. Very few of the candies are necessary for quite a large dishful.

## Cider Apple-Butter without Cider

Any time in the winter a most delicious butter that can scarcely be told from the old-fashioned cider apple butter may be made by boiling together with a little water one quart of cranberries to one gallon of raw apples, the apples cored and cut up but not peeled. When soft, run this through a colander, season with sugar, brown preferred, cinnamon, allspice and a pinch of cloves according to taste; then boil down to the right consistency and put up in jars. The cranberries give a bright color and the tart taste of real cider.

## Selecting and Serving Pineapples

To tell when a pineapple is really ripe, — no easy thing for the inexperienced, — simply pull on the green "feathers" of its top. If these come out easily, it is fully ripe and juicy within.

Instead of laboriously cutting it up, *twist* out one "eye" with a small knife, then loosen others next to it until they come out like so many *pointed corks*. If the pineapple be as ripe as it should be, they will almost fall out after the first little wedge is removed. Do not attempt to cut off the hard outer scale from each piece, but lay them in a circle upon individual plates, and put a small mound of sugar in the center. They are to be eaten as one does strawberries with the stems on them, dipping each wedge-shaped piece into the sugar and eating from the fingers. No juice is lost in this, the plates look very attractive on the table and the cook is saved both time and scars. One ordinary-sized pineapple will serve four or five people, in this manner. L. McC.

## To Soften Paint Brushes

TO soften an old paint brush in which the paint has been allowed to dry, heat some vinegar to the boiling-point, and allow the brush to simmer in it a few minutes. Remove and wash well in strong soapsuds, and the brush will be like new.

## Yolks of Eggs

When making candies, frostings, cake or anything requiring only the whites of eggs, the housekeeper is sometimes puzzled as to the best way of utilizing the yolks. They may be kept fresh a surprising length of time if covered with cold water and kept in a cool place. They will not harden and may be used at any time in making salads, cake, cookies or anything one wishes to use them for.

## The Teakettle

Do not slight the teakettle. It is one of the hardest-worked utensils of the kitchen, and we sometimes forget that it needs more attention than just a hasty wiping with the dishcloth. Not only keep it bright and shining on the outside, but take the trouble to empty it before each meal and fill with fresh water. To prevent the lime in the water from collecting on the bottom and sides of the teakettle, place in it a few common marbles, the kind the boys call "commies," and the lime will adhere to them and leave the inside of the kettle clean.

## Fig Preserves

FILL a ten-pound lard bucket with white or black figs (black are best), split twice, crosswise, from blossom end of fig about halfway. Put them in a deep dish and cover with cold water, in which a full tablespoonful of medium strong lye has been dissolved; stir every two or three hours, and leave figs in solution thirty-six hours. Take them out and rinse well, first in cold water, then in hot water (not boiling), then cold, then hot, then cold. In the mean time have your syrup boiled, flavored with cinnamon and a few whole cloves in bags. Boil slowly for four hours or until fruit is transparent. It will keep for years.

MRS. J. J. O'C.

* * *

## The Acid Test

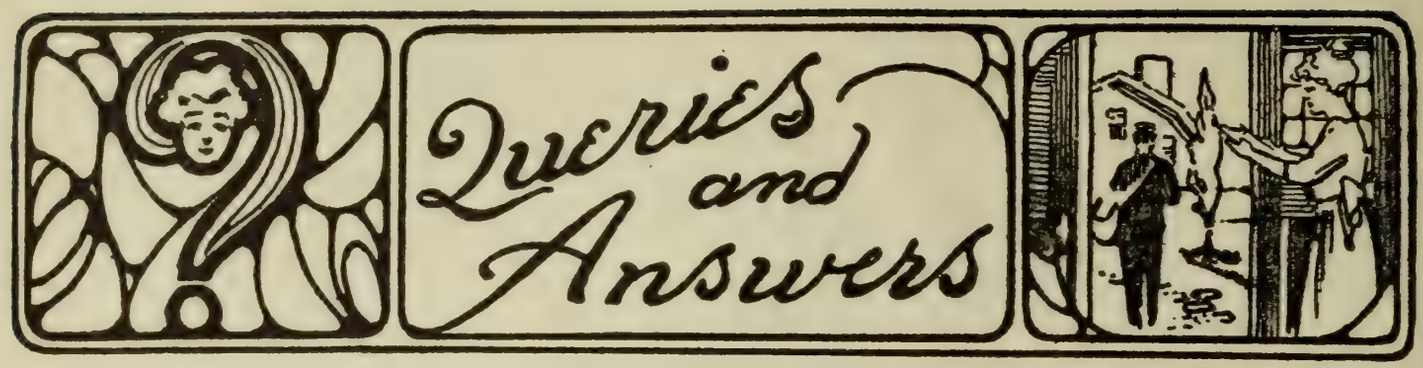
ALIEN acids fight, and when the combatants choose the human stomach for the prize-ring no wonder it aches in protest, and that indigestion is rampant. Said stomach is perfectly tractable when we treat it rationally, but it roils under abuse. It is a very simple matter to take into consideration the combination of harmonious acids in planning home meals, thus escaping direful consequences, for it is the mad mixtures that hurt.

When a person's liver and other organs are functioning properly, the owner feeling fine, he can "get away" with almost any food enormity without danger. But let Nature be limping along, with only part of the cylinders working, and meet the acid test, and there is generally a fee for the specialist.

The perfect meal is that meal which, in the planning, considers only foods that will combine harmoniously. Grapefruit, so popular as an appetizer, is an acid pure and simple. It should not be followed by a tomato soup, a fish salad, with a sour dressing, an acid fruit pie or vegetables like turnips, beans, celery, cabbage or other known gassy foods.

Proceed, rather, in this way: Grapefruit, cream of lettuce or pea soup, baked sweet or white potatoes with the meat course, peas, string beans or asparagus, followed by an egg or cream-cheese salad, a pudding, hot or cold, fancy jelly or Spanish cream. No trouble would follow such a combination, for all items following the grape-fruit would tend to neutralize its acid. Even if Nature were limping a bit, this dinner would aid her rather than give additional trouble to overcome.

*Continued on page 222*




THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope For menus, remit $1.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 4082.—"Can you give me a recipe for a Ginger Ale Salad, made with gelatine, with or without fruit?"

The recipe to which you refer appeared under "Seasonable and Tested Recipes" in the June-July, 1914, number of this magazine, and is as follows:

## Ginger Ale Salad

Soften one-fourth a package of gelatine in one-fourth a cup of cold water and let dissolve in a dish of hot water; add a grating of lemon rind and one cup and three-fourths of ginger ale. Turn into small molds to chill and set. Serve very cold on heart-leaves of lettuce, with either French or mayonnaise dressing, to a cup of which is added three tablespoonfuls or more of cocktail sauce.

---

QUERY No. 4083. — "What is the delicious, clear, cherry-red jelly served in buillon cups as first course at Lord and Taylor's Restaurant, New York City? I hardly think it is tomato, not being that kind of red.

"Why does Pie Crust shrink away from the edge of the tin in baking?

"Please give recipe for dark Cocoa Loaf Cake, using baking powder instead of soda."

It is impossible to say from your description whether the jelly was fruit, vegetable, meat or fowl. It is scarcely probable that either of the last two would be colored red, as this would render them unattractive. It is probable that the jelly was one of the so-called fruit soups which are popular as a first course in summer. They are simple fruit juices flavored and molded with gelatine. Vegetable coloring is supplied with gelatine intended for use in that way. There are also ready-to-use fruit gelatines that are finely flavored and colored. One firm puts up a port flavor which gives a beautiful cherry-red color. Combined with the strawberry which this firm puts up the resulting jelly is of a beautiful, clear, cherry red, and has a pleasantly tart, rich flavor.

There are several reasons why the crust may shrink from the pan. Of course, all pastry leaves the pan to a certain degree when baked, but if an insufficient amount of shortening is used, the pastry will be tough and shrink in baking. The same thing will happen if too much wetting is used. One must train the eye as well as the hand in order to keep the same standard for texture in these days when brands of food materials are constantly changing.

Any recipe for chocolate cake can be used with cocoa substituted for an equal amount of chocolate, and any chocolate cake can be made with baking powder instead of soda, using the standard amount of baking powder for the amount of flour used. Chocolate cake is better made with soda as the chocolate unites, chemically, better with soda. If added when the chocolate mixture is hot the cake will be red in color and taste of the soda. The following recipe makes a small loaf.

# why use butter in cake?




Get Crisco from your grocer in this sanitary, air-tight can. It is *never* sold in bulk. There is nothing else like it. Sizes, one pound net weight and larger.



**Can you answer these questions about cake making?**

What are the five principal ways of making cakes? Why should plenty of sugar be used in a cheap cake? What makes a cake crack? What kind of texture does sweet milk give to cake? What kind does buttermilk give?—The answer to all of these questions is given in "The Calendar of Dinners"—a 231-page book that is a real mine of information for every cook and housewife. Gives you the correct methods for all kinds of cooking; gives 615 appetizing recipes; gives a complete dinner recipe for every day in the year. Cloth bound. Written by Marion Harris Neil. Send only 10 cents in postage, and receive a copy, postpaid. Address Department A-10, The Procter & Gamble Co., Cincinnati, Ohio.

It seems a useless expense, when you can just add a little salt (a teaspoonful for every cupful of Crisco) and make the most delicious, delicate, tender cakes, with the real butter taste, *at half of butter cost.*

Cakes enriched with Crisco are a delight in every way. They are fine-grained, light and fluffy, and stay fresh and moist unusually long. White cakes, especially, are snowy marvels that are a real tribute to Crisco's whiteness and purity.

Crisco is always fresh, sweet and uniformly good, down to the last spoonful. It does not turn rancid—a fact you will appreciate if you have tried to make a fine cake with cooking butter which was not strictly fresh.

*Use Crisco to make perfect pie-crust and biscuits, and for all your frying. Things will be extra good and wholesome, too, because Crisco is all vegetable. Try this modern cooking fat—better and more economical for every purpose.*

PROCTER & GAMBLE PRODUCTS · EST. 1837 ·

## Cocoa Cake with Baking Powder

Cream together one-half cup of butter and one cup of sugar. Add the yolks of two eggs, well beaten, and one-half cup of milk. Mix one cup and a half of flour, one teaspoonful and a half of baking powder and two heaping teaspoonfuls of cocoa. Add this to the batter and fold in the stiffly-beaten whites of the two eggs. Add a teaspoonful of vanilla before folding in the whites.

QUERY No. 4084. — "Will you please give recipe for Boston Fudge Cake with raisin and nut filling and chocolate icing?"

An excellent recipe for Fudge Cake with an unusual filling is given in this number under "Tested Recipes."

QUERY No. 4085. — "When in the 'States' recently I was interested to see the use made of Cottage Cheese. Could you not give us a recipe for making and others for using?"

The simplest method of making Cottage Cheese gives the best results. As soon as milk has soured sufficiently to form a solid curd that shows no whey, it is ready for turning into cheese. This will usually be on the second day of souring, although the process will take longer in winter. It can always be hastened by keeping the milk in a warm room. As soon as the entire mass has turned to a uniform curd, turn it into a square of cheesecloth or thin bag, hang it up and allow to drip all night. In the morning squeeze gently (to avoid pressing the curd through the cloth), and fold the bag in such a way that the cheese is gathered into a ball. Put under a heavy weight for several hours. When comparatively dry turn the curd into a bowl and break into bits with a fork. Add salt cautiously and sweet cream to make a moist mass. Stir well with the fork, add more cream and salt if needed. The cheese will stand quite a generous amount of salt. In this form it is ready to serve as an accompaniment to Boston Brown Bread or white bread and butter. The cheese can be shaped into balls, flattened and allowed to dry out. A gelatinous coating forms over the cakes and many consider the cheese at its best in this form.

Cottage Cheese made from junket has the advantage of being predigested. A custard mixture, flavored with lemon juice and the grated rind and with Cottage Cheese to give "body," makes a good filling for tarts and pies.

QUERY No. 4086. — "Please give a recipe for a new cake called 'Honeymoon Cake,' which is an Angel Food layer cake, one layer being white and the other yellow."

## Recipe for Honeymoon Cake

We are not familiar with the cake you name, but judge it is made of the usual Angel Food and Sunshine Cake.

## Recipe for Angel Cake

One cup of egg-whites (seven to nine, according to size of the eggs), beaten till frothy. Add a pinch of salt and part of a teaspoonful of cream of tartar. Continue beating, and at intervals add the remainder of the teaspoonful of cream of tartar. When the bowl can be turned up-side down without the eggs moving, they are stiff enough. Have ready one cup and a fourth of granulated sugar, free from lumps or coarse crystals. Have ready measured one cup of flour which has been sifted several times before measuring. Sprinkle one-third of the flour over the stiff whites and one-third of the sugar. Toss the eggs over the sugar and flour with a fork and only enough to partly cover. Do not make any motion that approaches stirring. Toss in the second third of the two materials and toss lightly once or twice. Add the last third and a teaspoonful of almond extract. The last tossing should distribute the sugar and flour enough and the mixture in the bowl should not be diminished in volume. If it is, you have stirred out most of the air upon which you depended for both lightness and volume. This recipe should give two good-sized loaves of the kind that really does "melt in one's mouth."

## Recipe for Sunshine Cake

Beat the yolks of five eggs till thick and light-colored. Beat the whites of seven eggs till foamy; add a pinch of

# WHO ARE THE BEST JUDGES OF A BAKING POWDER?

Those whose profession and reputation depend upon their knowledge of the best baking materials. Among the first to use Ryzon and endorse it as the Perfect Baking Powder were domestic science experts and physicians.

Their verdict is confirmed by the chefs of famous hotels, clubs and institutions. And more than a million good homekeepers have adopted Ryzon.

Ryzon is 40c for a full 16 ounce pound. There are also 15c and 25c packages.

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Hotel Manhattan
Hotel McAlpin
Hotel Ritz-Carlton
Hotel Pennsylvania
The Plaza
Hotel St. Regis
Hotel Vanderbilt
Hotel Martinique
Hotel Belleclaire
Hotel Gotham
Hotel Hamilton
Hotel Robert Fulton
Hotel Woodstock
The Knott Hotels
The Colony Club
Lambs' Club
New York Yacht Club
Midday Club
Bankers' Club
Montauk Club (Brooklyn)
Aero Club
Catholic Club
Friars' Club
The Harvard Club
Masonic Club
Metropolitan Club
National Arts Club
University Club for Women
Yale Club
Manhattan Eye, Ear and Throat Hospital
Neurological Hospital
N. Y. C. & H. R. R. R.
N. Y. Woman's Exchange
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Y. W. C. A. Cafeteria
Cafe Savarin
Delmonico's
Schrafft's
Lord & Taylor Restaurant
Metropolitan Museum Restaurant
Downtown Association

**Chicago, Ill.**
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Chicago Beach Hotel
Parkway Hotel
Edgewater Beach Hotel
Plaza Hotel
Illinois Athletic Club
Marshall Field Tea Room
Presby. Hospital

**Philadelphia, Pa.**
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The Ritz-Carlton
Hotel Walton
Hotel Normandie
St. James Hotel
Union League Club
Penn. State Hospital
Hahnemann Hospital
Pennsylvania Hospital
Presbyterian Hospital
Woman's Hospital of Philadelphia
Strawbridge & Clothier
Cheri
Cafe L'Aiglon

**Boston, Mass.**
Copley Plaza Hotel
Marston's Food Shops
Hotel Brunswick
Hotel Somerset
Hotel Thorndike
Hotel Victoria
Hotel Westminster
Boston City Club
College Club
City Hospital
Mass. General Hospital
Children's Hospital
Peter Bent Brigham Hospital
Woman's Educational and Industrial Union
Y. M. C. A.

**Binghamton, N. Y.**
Binghamton State Hospital

**Buffalo, N. Y**
Hotel Statler
Statler Restaurant
Y. W. C. A.

**Clifton Springs, N. Y.**
Clifton Springs Sanitarium

**Cooperstown, N. Y.**
The O-te-sa-ga

**Middletown, N. Y.**
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**Rochester, N. Y.**
Genesee Valley Club
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**Syracuse, N. Y.**
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**New Haven, Conn.**
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**Miami, Fla.**
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Hotel Esmeralda
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**Atlanta, Ga.**
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**Sandersville, Ga.**
Sandersville Sanitarium

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The DeSoto
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**New Orleans, La.**
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**Cambridge Mass.**
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**Newark, N. J.**
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**Spring Lake Beach, N.J.**
Hotel Essex and Sussex

**Albuquerque N. M.**
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**Cleveland, Ohio**
Cleveland Yacht Club
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***The Ryzon Baking Book (original price $1.00) containing 250 practical home recipes, will be mailed, postpaid, upon receipt of 30c in stamps or coin, except in Canada. A pound tin of Ryzon and a copy of Ryzon Baking Book will be sent free, postpaid, to any domestic science teacher who writes us on school stationery, giving official position.***




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salt and one-half teaspoonful of cream of tartar. Continue as for Angel Cake. Have ready for instant use one cup of granulated sugar and two-thirds a cup of flour. Add the beaten yolks with a toss, then the sugar and flour as directed for Angel Food. Add a squeeze of lemon juice. This makes a large loaf if properly mixed.

Both these cakes should be put into an oven that has a steady, moderate heat that is not increased, and the door should not be opened till the cakes are done, which will be in about forty-five minutes, if the oven is right.

## Filling for Honeymoon Cake

Nothing could be better for this than plain boiled icing made in perfection. Flavor with equal parts of extract of lemon and vanilla.

---

QUERY No. 4087. — "Now that we cannot get brandy for Plum Puddings and Fruit Cake, what can we use to make them keep? I heard vinegar would do. If so, how would you use it and could you give us a tested recipe for both cake and pudding?"

## Brandy Substitute for Fruit Cake and Plum Pudding

As far as we know there is no substitute for brandy in either of the articles you mention. Vinegar may prevent mold or the appearance of other undesirable conditions, but it would not improve the flavor nor develop it. Vinegar from spiced sweet pickles is a real addition to mincemeat, but that needs an acid flavor. As a matter of fact, fruit cakes and puddings will keep perfectly well without brandy except in climates that cause bacteria to develop rapidly. In that case we doubt whether even brandy would be effective for a very long time.

We would recommend cutting out the milk in the things you name and substituting very strong coffee and grape juice. An ordinary fruit cake is immensely improved by the addition of two tablespoonfuls of fine, powdered charcoal that may be purchased at the drug store. The improvement consists in the fact that the charcoal assists digestion and prevents one from the discomfort that always attends indulgence in spiced sweets. The presence of the charcoal is known in no other way. We should be tempted to use three or four tablespoonfuls of it as a preservative, in a purely experimental way. The recipes given are known to be good, but have no preservatives. Another factor that assures good keeping is the thorough baking of the cake. Four hours in a moderate, steady oven is none too long. When perfectly cool wrap in oiled paper, or glazed wrapping paper.

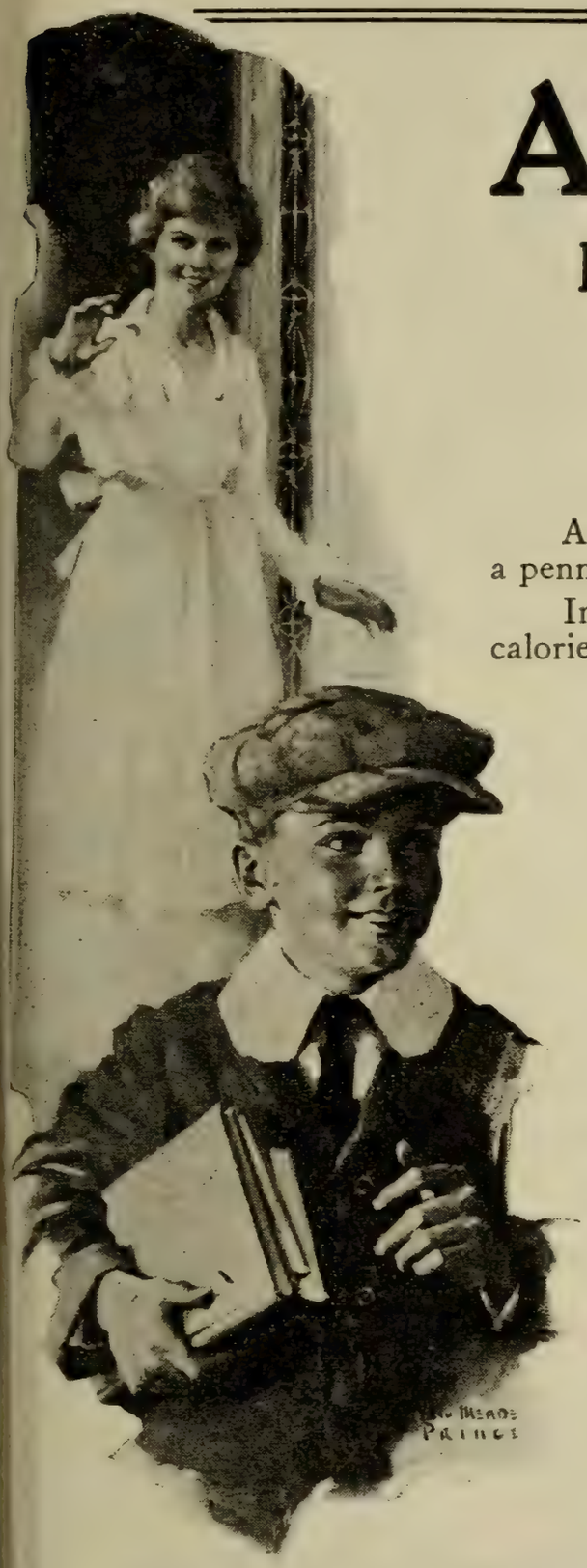
## Fruit Cake without Preservatives

One pound of butter, one pound of sugar, twelve eggs, one cup of New Orleans molasses, one cup of very strong coffee, one pound of flour browned to a medium and even brown, two pounds of seeded raisins, two pounds of currants or sultana raisins, one pound of candied cherries, one pound of candied citron sliced thin, two tablespoonfuls of cinnamon, one tablespoonful of cloves, one small nutmeg, one teaspoonful of black pepper. Add one teaspoonful and a half of soda to the molasses. More flour will be necessary and it is best to use that unbrowned.

## Plum Pudding

2 cups fine bread crumbs
2 cups fine-chopped suet (½ pound)
1 cup sugar
½ pound raisins
½ pound currants
½ cup nut meats, sliced
¼ pound citron, sliced
2 ounces candied peel, sliced thin
½ cup flour
½ teaspoonful salt
½ nutmeag, grated
½ teaspoonful mace
4 eggs, beaten very light
1 cup milk

Mix together bread, suet, sugar, fruit, nuts; add the flour, sifted with the salt and spices; mix thoroughly with the



# A Penny Dish

## Forms the School-Boy's Ideal Breakfast

### Better than 10c Meat Foods

A big dish of Quaker Oats and milk costs about a penny.

In meat or eggs the same nutrition, measured by calories, costs from 8 to 10 cents.

In Quaker Oats you serve the ideal boy-food. It is almost a complete food — the greatest food that grows.

No meat food compares with oats as nutriment for young folks.

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The calory is the energy measure of food value. Quaker Oats yields 1810 calories per pound, which is twice as much as beef.

The cost at this writing, compared with other necessary foods, is about as follows:

| Cost Per 1000 Calories | |
|---|---|
| Quaker Oats | 5½c |
| Round Steak | 33c |
| Veal or Lamb | 46c |
| Average Fish | 50c |
| Eggs | 50c |
| Stewing Hens | 52c |

### Saves $10 Per Month

A Quaker Oats breakfast, in the average home, will save $10 monthly compared with meat or egg breakfasts.

And it starts the day with the food of foods.

Serve other foods at other meals. People need variety. But use this one-cent breakfast dish to average up your food cost.

# Quaker Oats

**Flaked from the Richest Grains**

***15 and 35c per Package*** *(Except in the Far West and South)*

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eggs and milk. Steam six hours in a buttered mold. Serve with hard sauce.

---

Query No. 4088. — "Will you kindly give a recipe for pickling carrots?"

## Recipe for Pickling Carrots

Select tiny carrots no larger than your little finger. Wash well and trim off the crown, but do not scrape. If it is not possible to secure the little ones, get them as small as possible and scrape, trim and cut into quarters. Pack close in a pint jar and add also one white onion the size of a walnut, sliced thin, and the sliced pulp of a lemon that has been skinned. Mix one tablespoonful of salt, the same of sugar, one-half a tablespoonful of mustard, and one-fourth a tablespoonful of curry powder. Stir this to a paste with cider vinegar. Turn into the jar and fill with either cider or malt vinegar or a mixture of the two. Seal. These are very tart and crisp and ready to use in a week.




## Unusual Sweets from Vegetables

### Vegetable Marrow Jam

Select half-grown marrows, and if they have been cut from the vines for at least two weeks, all the better. Cut the marrow into slices about an inch thick, pare and remove the seeds. Cut the pieces into half-inch cubes or into thin slices. Place in a bowl and cover with sugar. Add also the grated yellow rind of lemons and their juice. Preserved or fresh ginger root is an addition. Let this stand over night. In the morning drain off the juice and let it boil for half an hour. Add the marrow and ginger, and let all simmer slowly till the marrow is transparent. The result will be the daintiest of marmalades. A few slices of lemon (skin and all) cut very thin and dropped in just long enough to cook through before the marmalade is done make a pretty addition. This marmalade should be put into small glasses.

The following proportions make a large quantity, but are a guide for a smaller amount. For six pounds of marrow cubes allow six pounds of sugar, one-quarter pound of ginger root and the rind and juice of three lemons.

### Imitation Apricot Jam

Scrape a pound or more of carrots and slice thin. Cover with a quart of water and boil till tender. Drain well and run through the meat-grinder. Set in a cool place over night. In the morning add, to three cups of carrots, the juice and grated yellow rind of two lemons, four cups of sugar and about two dozen blanched almonds cut fine. Let stand till the sugar is pretty well dissolved; stir well and simmer sowly till the mass is smooth and thick. Add as little water as possible. Just before taking from the fire add a few drops of essence of bitter almonds. Put in small retainers and seal tight.

---

"Another labor problem is how men with no work can strike for more pay."

Wheatena Wheatena Wheatena

Tastes Good

## Don't miss a treat!

Why SHOULD you? A rich surprise is in store for you in the first taste of ***Wheatena*** — the nut-like, never-tiring breakfast food. Wholesome hearts-of-the-wheat in every spoonful. You never get enough of it! Your palate ever pleads for more of this mouth-watering delicacy. So g-o-o-d, so nutritious. One never tires of ***Wheatena***—you eat it week after week, month after month, with the same keen satisfaction. TEST this truth. Order ***Wheatena*** of your grocer to-day.




**Wheatena always Tastes Good**

Everyone likes it, not only as a breakfast cereal but it is popular at lunch and dinner too—it has many delicious uses. Because it is easily prepared housewives find it useful as a staple food in the home.

The Wheatena Company,
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Rahway, New Jersey

# The Silver Lining

## The House in Bond Street

Oho, for the house in Bond Street,
  Where our neighbor's clan doth dwell;
And the good things that come
From the kitchen, clean,
  I hardly, forsooth, can tell.

There are jellies and jams and doughnuts and breads,
  And the loveliest cakes and pies;
For you must know that the neighbor's wife
  Is a cook, exceedingly wise.

Don't you wish you lived neighbor in Bond Street,
  To that cook, exceedingly wise?
Then you, too, might partake
Of the things she can make,
  Like jellies and cakes and pies.

— *Grace S. Burr.*

## Give Them Rope

While the Germans were marching through a Belgian province, one of them said sneeringly to a farmer sowing seed: "You may sow, but we shall reap."

"Well, perhaps you may," was the reply; "I am sowing hemp."

— *Montreal Journal of Commerce.*

## Artificially

The Brute: "I think that women are much better-looking than men."

She: "Naturally."

The Brute: "No, artificially."

— *Tit-Bits.*

Mark Twain, so the story goes, was walking on Hannibal Street when he met a woman with her youthful family. "So this is the little girl, eh?" Mark said to her as she displayed her children. "And this sturdy urchin in the bib belongs, I suppose, to the contrary sex." "Yassah," the woman replied, "dat's a girl, too."

— *The Summary.*


# This New Range Is A Wonder For Cooking

**Although less than four feet long** it can do every kind of cooking for any ordinary family by gas in summer or by coal or wood when the kitchen needs heating.

**There is absolutely no danger in this combination,** as the gas section is as entirely separate from the coal section as if placed in another part of the kitchen.



The Range that "Makes Cooking Easy"



Coal, Wood and Gas Range

**Note the two gas ovens above**—one for baking, glass paneled and one for broiling with white enamel door. **The large square oven below** is heated by coal or wood.

**See the cooking surface** when you want to rush things—five burners for gas and four covers for coal. **The entire range is always available** as both coal and gas ovens can be operated at the same time, using one for meats and the other for pastry. It Makes Cooking Easy.

**Gold Medal**

# Glenwood

**Write to-day for handsome free booklet 165 that tells all about it, to**

**Weir Stove Co., Taunton, Mass.** Manufacturers of the Celebrated Glenwood Coal, Wood and Gas Ranges, Heating Stoves and Furnaces.


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will not waste or contaminate the foodstuffs your dealer puts into it. You can get out all the food that goes in.
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## Pancake and Buckwheat Flour

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*It's in the Flour.*

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SAWYER CRYSTAL BLUE CO.
*New England Agents*
88 Broad Street Boston, Mass.

# NESNAH for School Children

Children must be well nourished in order to study and succeed in school. The food they eat at this time is very important. Try an After-School-Lunch of Chocolate Nesnah.

(The sugar and chocolate already in it)

The children will like it because it is delicious. They should have it because it is wholesome. Keep a few glasses made up in the refrigerator and let them help themselves.

NESNAH

*Six pure natural flavors*

| | | |
|---|---|---|
| Vanilla | Orange | Raspberry |
| Almond | Lemon | Chocolate |

Ask your grocer for Nesnah or order direct from The Junket Folks — a free sample and a booklet of recipes on request.

CHR. HANSEN'S LABORATORY, Inc.
THE JUNKET FOLKS
Box 2570 LITTLE FALLS, N. Y.


First Farmer: "How do you find your new hired man, Ezry?" Second Farmer: "I look in the shade of the tree nearest his work." — *Buffalo Express.*

---

Customer: "You label those eggs; 'Fresh from the country.' Are they the same as I got here yesterday?"

Grocer: "Yes, sir."

Customer: "What country do you mean, China?" — *London Opinion.*

---

Kind Old Lady: "Why, you brute! Don't you know better than to abuse a poor mule with a sore foot?"

Colored Driver: "He's a a-awmy mule, ma'am, an' he ain't lame. He's just standin' at parade rest." — *Life.*

---

Visitor (being shown round the grounds of estate bought by profiteer): "That tower, I believe, goes back to William the Conqueror."

Profiteer: "Oh, no, it don't; I've bought the lot." — *Blighty*, London.

---

Mrs. Pankhurst tells the following of a little Anglo-Indian child: "She had just come from India to be put to school, and one night she stayed with me all night. After she had been put to bed I visited her room to see if she was all right. In the dim light I saw the little white-robed figure groping on its knees in the cot, and I whispered to my daughter, 'The little thing is saying her prayers.' A tiny voice came from the cot. 'Where the debil's my dolly?' "

— *Detroit Free Press.*

---

Teco Self-Rising Pancake and Buckwheat Flours are prepared with Malted Buttermilk; to be used without milk — just add water. The buttermilk is in the flour.

With Teco and a little cold water you have enough pancakes for the family, and Teco Pancakes are as delicious as they are nutritious, because there is MALTED BUTTERMILK mixed in the flour. —*Adv.*



# Making Food Attractive

In her great novel, "Middlemarch," George Eliot says:

"It is strange how deeply colors seem to penetrate one, like scent. I suppose that is one of the reasons why gems are used as spiritual emblems in the Revelations of St. John."

The gifted author had no thought of food when she wrote these words, but the application is there, nevertheless.

Relish for food involves two elements, vigor of appetite and the attractiveness of the food in appearance and taste.

Has any cook or dietitian ever served anything in the form of food which met these conditions more satisfactorily than

**JELL-O**




does? And does anything else require so little time and so little "fussing" as Jell-O does, or always turn out to be perfect, as Jell-O dishes do?

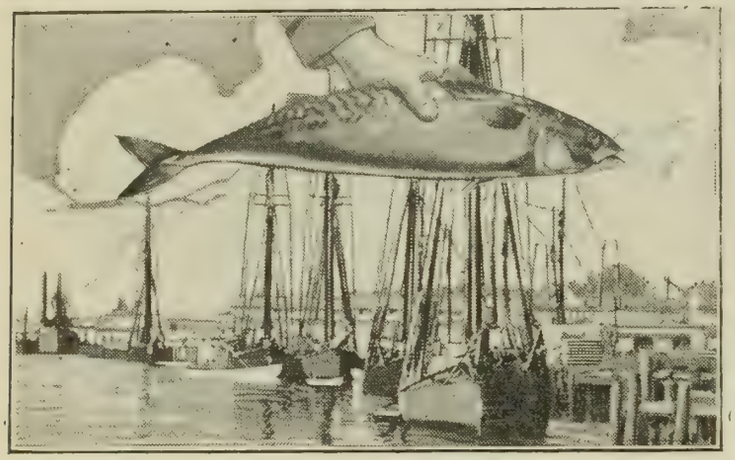
Jell-O is made in six pure fruit flavors: Strawberry, Raspberry, Lemon, Orange, Cherry, Chocolate.

**THE GENESEE PURE FOOD COMPANY**
**Le Roy, N. Y., and Bridgeburg, Ont.**

# Salt Mackerel

## CODFISH, FRESH LOBSTER

### RIGHT FROM THE FISHING BOATS TO YOU



**FAMILIES** who are fond of **FISH** can be supplied **DIRECT** from **GLOUCESTER, MASS.**, by the **FRANK E. DAVIS COMPANY,** with newly caught **KEEPABLE OCEAN FISH,** choicer than any inland dealer could possibly furnish.

We sell **ONLY TO THE CONSUMER DIRECT,** sending by **EXPRESS RIGHT TO YOUR HOME.** We **PREPAY** express on all orders east of Kansas. Our fish are pure, appetizing and economical and we want **YOU** to try some, payment subject to your approval.

**SALT MACKEREL,** fat, meaty, juicy fish, are delicious for breakfast. They are freshly packed in brine and will not spoil on your hands.

**CODFISH,** as we salt it, is white, boneless and ready for instant use. It makes a substantial meal, a fine change from meat, at a much lower cost.

**FRESH LOBSTER** is the best thing known for salads. Right fresh from the water, our lobsters simply are boiled and packed in **PARCHMENT-LINED CANS.** They come to you as the purest and safest lobsters you can buy and the meat is as crisp and natural as if you took it from the shell yourself.

**FRIED CLAMS** is a relishable, hearty dish, that your whole family will enjoy. No other flavor is just like that of clams, whether fried or in a chowder.

**FRESH MACKEREL,** perfect for frying, **SHRIMP** to cream on toast, **CRABMEAT** for Newburg or deviled, **SALMON** ready to serve, **SARDINES** of all kinds, **TUNNY** for salad, **SANDWICH FILLINGS** and every good thing packed here or abroad you can get direct from us and keep right on your pantry shelf for regular or emergency use.

With every order we send **BOOK OF RECIPES** for preparing all our products. *Write for it.* Our list tells how each kind of fish is put up, with the delivered price, so you can choose just what you will enjoy most. Send the coupon for it now.

**FRANK E. DAVIS CO.**

**311 Central Wharf, Gloucester, Mass.**

**Frank E. Davis Co., 311 Central Wharf, Gloucester, Mass.**

Please send me your latest **Fish Price List.**

*Name* .....

*Street* .....

*City* ..... *State* .....


## The Acid Test

*Concluded from page 209*

We do not need lessons in chemistry or the knowledge of expert dietitians to avoid the troubles caused by improper food combinations. We need only a judicious application of common sense. A couple of hours spent in a public library with books on garden products and we could learn soon all we need to know about the acid tests of vegetables and fruits.

The seasons of various foodstuffs should be studied so that these may be used, treated or discarded intelligently. Because hot-house production, refrigerator cars and cold storage plants make it possible for us to eat anything, at any season, the wholesomeness of foods is not insured.

Canned goods often acquire acids and gases that play havoc with the digestive organs, so that every precaution should be taken to secure only the most reliable brands, to empty the cans as soon as opened, and inspect the contents most carefully before using. If there is fermentation present, a foreign odor or any unusual appearance about the contents, the can should be returned immediately to the shop from which it was purchased with a complaint that may save others a like experience.

Cooking acids in tin utensils is another fruitful way of making trouble, but it is easily avoided by replacing tinware with the more modern wares designed to evade this very trouble.

Slightly rancid oils, usually noticeable on various kinds of canned fish, mingled with lemon juice, generally offered with fish, are almost sure to start internal


# TANGLEFOOT



**The Non-Poisonous Fly Destroyer**

**The U. S. Dept. of Agriculture says in the bulletin: "Special pains should be taken to prevent children from drinking poisoned baits and poisoned flies dropping into foods or drinks."**




AFTER you've learned the various uses for Cox's Instant Powdered Gelatine, you won't try to keep house without it!

Cox's is not a "prepared" food —you're not confined to jellied desserts, for Cox's also makes delicious ice cream, blanc mange, frozen custard and sauces as well as soups, salads and savories.

Cox's is unflavored and unsweetened, so you can add pure wholesome flavors of the kind you prefer and sweeten it to your taste.

**Cox's**
Instant Powdered
**GELATINE**




*Send for a free copy of "Cox's Manual of Gelatine Cookery."*

**The Cox Gelatine Company**
**Dept. D, 100 Hudson St., New York**




## BE PARTICULAR!

SPICE may be a small item in the family cupboard, but if it is not absolutely CLEAN and PURE it is apt not only to be worthless but actually dangerous.

# Bee Brand SPICES

are famed for purity, strength, and flavor. No human hand touches them from the time they enter our warerooms, direct from their native lands, until they reach your home. Every particle of dust and foreign matter is removed by special processes. They come to you so clean, sweet and pungent, that they not only are the best and safest Spices to use, but also the most economical of any on the market.

*Next time you buy Spices, Flavoring Extracts, Gelatine, Prepared Mayonnaise, Salad Dressing, Mustard, etc., insist upon getting BEE-BRAND and you will be sure of highest quality and value — guaranteed absolutely pure.*

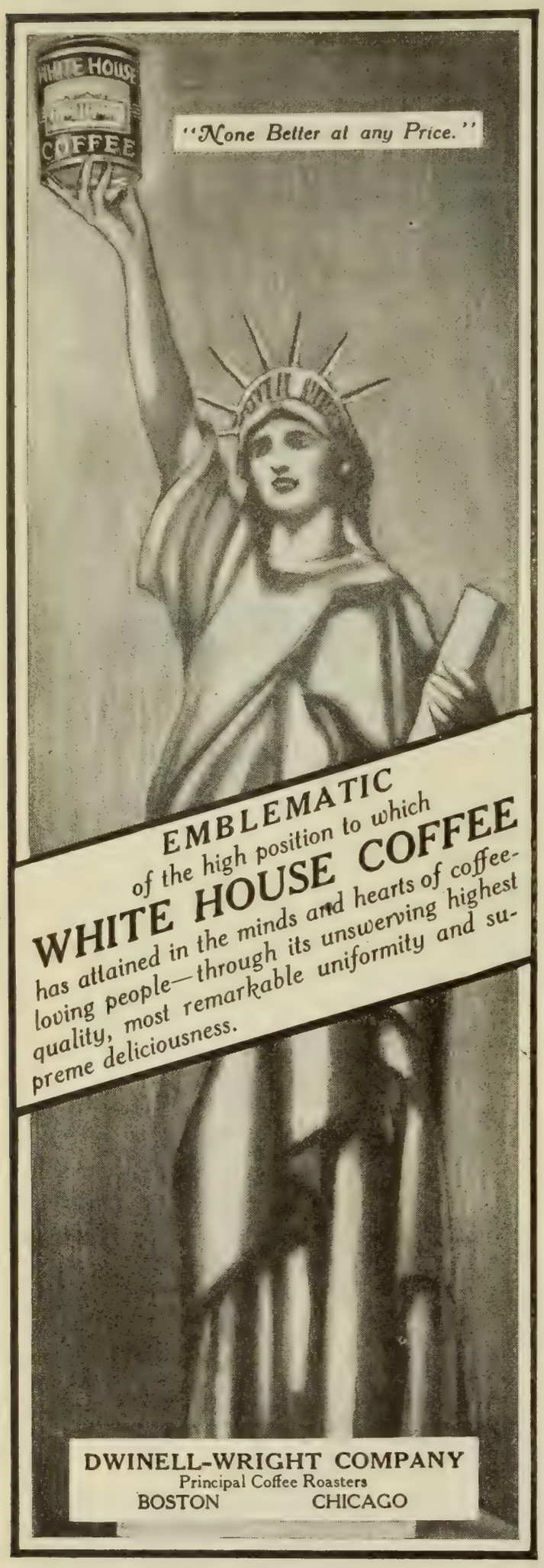
**McCORMICK & CO., Baltimore, Md.**

**Importers and Manufacturers**

(Proprietors of the Famous BANQUET TEA)

*Our BEE-BRAND Manual of Cookery can now be secured for 50c in coin or stamps. Send also for our* ***free booklets*** *containing many interesting facts concerning Spices, Tea and Flavoring Extracts.*






dissension, often productive of serious results. Stale eggs, bitter butter, sour yeast, and imperceptibly tainted food, disguised by highly seasoned sauces, will create "heartburn" or worse, not dangerous, perhaps, but uncomfortable. Foods fried in rancid fats, or fats tainted, like foods, from a carelessly kept refrigerator, are among the unforgivable causes of trouble, because it is unnecessary. The lobster does not always bring the ptomaine poison concealed about its person, for if it is fresh and lively when cooked, is cooled naturally and removed from the shell properly, no trouble will follow indulgence in eating it freely. But if it is "still" before cooking, is iced to cool it, and improperly taken from the shell, trouble may result. If there be a spot of ptomaine in lobster or chicken prepared for salad, it is the addition of the salad-oil dressing that liberates it and infects the entire mass.

The idea of serving relishes before meals came originally from Russia, where many fine points of banquet serving may be traced, though the "Smorgesbord" of Sweden is the most elaborate example of the custom in vogue today. Physicians decry this relish as an abomination and despoiler of the natural appetite for wholesome food. The table d'hote managers encourage its use for the same reason as it may be followed by attenuated portions without calling attention to cheap profiteering.

Cocktails, served with a half-dozen sour or spiced relishes, sent to guests before dinner, are often the cause of the

**Domestic Science**
**Home-study Courses**

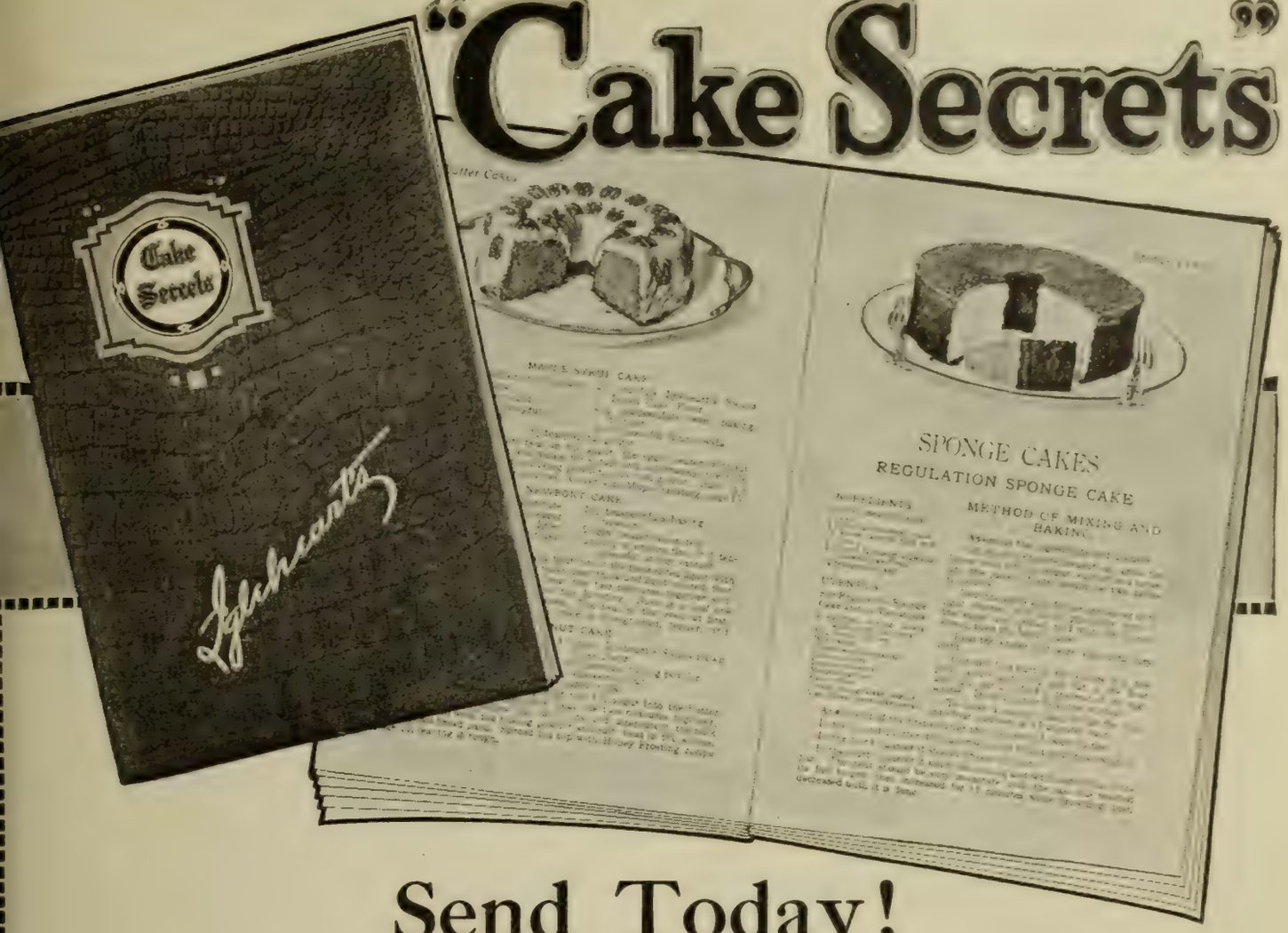
Food, health, housekeeping, clothing, children

*For Homemakers and Mothers; professional courses for Teachers, Dietitians, Institution Managers, Demonstrators, Nurses, "Graduate Housekeepers," Caterers, etc.*

"THE PROFESSION OF HOME-MAKING." 100 page handbook, *free.* BULLETINS: "Free-hand Cooking," "Food Values," "Seven-Cent Meals," "Family Finance."—*10 cents each.*

**American School of Home Economics**
**(Charted in 1915) 503 W. 69th St., Chicago, Ill.**

# "Cake Secrets"




## Send Today!

This wonderful new booklet of cake, pie and fine pastry recipes has just been published! Janet McKenzie Hill, the famous domestic science expert, prepared it.

Every page of "Cake Secrets" contains valuable information—such as is found in no other booklet. You'll find so many new tested recipes for cakes and pastries, with full instructions for baking. Elegant colored illustrations are a helpful feature.

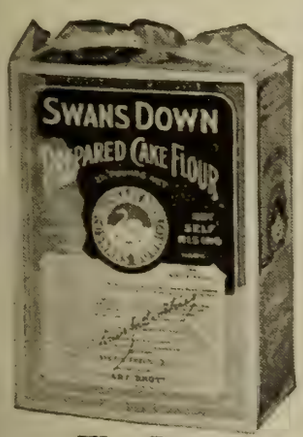
Send us 10 cents (currency or stamps) and we will forward you a copy of "Cake Secrets."

# SWANS DOWN

*Prepared (Not Self-Rising)*

# CAKE FLOUR

Preferred by Housewives for 24 years




*Wax Paper Wrapped*

It takes a special cake flour to make the best cake and pastries. Experts are agreed on this. Swans Down Cake Flour makes lighter, whiter, finer cakes—perfect every time! It is the old, reliable product. Ask your best grocer. If he does not have it, send us his name and we will see that you are supplied.

IGLEHEART BROTHERS
Established 1856
Dept. AC Evansville, Ind.
Also manufacturers of Swans Down Wheat Bran.
Nature's laxative food.

*For Convenience, Use This Coupon*

IGLEHEART BROTHERS, Evansville, Ind.
Please send me a copy of your new "Cake Secrets" written by Janet McKenzie Hill. I am enclosing 10c, as per your offer in October American Cookery.

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*AS QUICK*

—as heating a kettle of water you can make your own delicious syrup for the hot cakes and waffles with

**MAPLEINE**

*The Golden Flavor*

--two cups boiling water, four cups granulated sugar and one teaspoonful of Mapleine.

Mapleine is also an unexcelled flavoring for cake frostings, puddings, sauces, ices and candies.

*Your grocer can supply you.*

2 oz. bottle 35c. Canada 50c.

4c. stamp and trade-mark from Mapleine carton will bring the Mapleine Cook Book of 200 recipes.



**CRESCENT MFG. CO.**
**323 Occidental Ave.**
**Seattle, Wash.**


entire meal disagreeing with partakers, who try to fasten the blame to the oysters, lobster, or some other often-accused viand.

The literal translation of "hors d'œuvres" is "outside the subject," and it is not a bad idea to leave them there, the subject being a good wholesome meal, which needs no other appetizer than good health and unimpaired digestion, that pleads not for pampering, but for plenty.

J. Y. N.

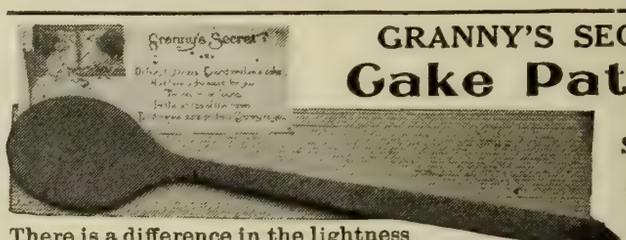
* * *

At a teachers' institute in an Eastern city a speaker said that, in his opinion, "the trouble with the public school system of today is, the teachers are afraid of the principals, the principals are afraid of the superintendent, he is afraid of the school committee, they are afraid of the parents, the parents are afraid of the children, and the children are afraid of nobody!" — *Life.*

The late Sir John Mahaffy, provost of Trinity College, Dublin, was brilliantly witty, and many of his good sayings are in general circulation. But he occasionally met his match. One of his encounters was with the late Dr. Salmon, provost of Trinity before Dr. Traill. Mahaffy was one day inveighing against corporal punishment for boys, which he declared never did any good. "Take my own case," he exclaimed. "I was never caned but once in my life, and that was for speaking the truth." "Well," Salmon retorted caustically, "it cured you." — *The Manchester Guardian.*


**SEVEN-CENT MEALS** $1.50 per week per person: 42 meals with recipes and directions for preparing each. This 48 pp. Bulletin sent for 10c or FREE for names of two friends who may be interested in our Domestic Science Courses.

**Am. School Home Economics, 503 W. 69th St., Chicago**




**GRANNY'S SECRET**
**Cake Patter**

**Send for Gift Catalog**

**There is a difference in the lightness of cake. The kind granny used to make is long remembered—the best. Perhaps you have some friend who takes pride in her cake making. This cake beater cannot be beat is the universal verdict by all who try it once. 60c.**

**Send for our catalog showing decorated kitchen utensils of olden times. Gifts for young housekeepers, weddings, showers, bridge parties. Gifts for the kitchen attractive. There is no doubt a Pohlson dealer in your town. Get acquainted and find the new and interesting. Gift and specialty shops should send for catalog of thoughtful little gifts which will be forwarded upon application.**

Pohlson Gifts

**POHLSON GIFT SHOPS, Dept. 25, Pawtucket, R. I.**

# The Modern Milk for the Modern Kitchen

DO you know that Carnation Milk meets every need of Domestic Science? It is the modern and the economical way to use milk.

Because Carnation Milk is sterilized after it has been hermetically sealed in the new container it will keep much longer than fresh milk.

Remember this always: Carnation Milk is just about twice as rich in butter fat and milk solids as an equal quantity of raw milk. Therefore, when you add an equal part of water to Carnation, you get milk of natural consistency.

Use Carnation wherever you use milk in cooking. Use it *undiluted* on cereals and in coffee. Whip it for desserts and salads, for it *may* be whipped like cream.

The only difference between Carnation Milk and fresh milk is this—part of the water has been removed from Carnation Milk by evaporation.

Do not confuse Carnation Milk with "sweetened-condensed" milk, for it contains no sugar and is *sterilized*.

Write for "The Story of Carnation Milk" which contains 100 carefully tested, economical recipes. We also have a special folder on "How to Whip Carnation Milk" which we will send to Domestic Science instructors for distribution among their classes. Address Recipe Booklet Dept., Carnation Milk Products Co., 958 Consumers Bldg., Chicago, Ill.

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SEATTLE CHICAGO AYLMER, ONT.
*Evaporatories located in the better dairying sections of the United States and Canada*

# Carnation Milk

***From Contented Cows***




*The label is white and red*



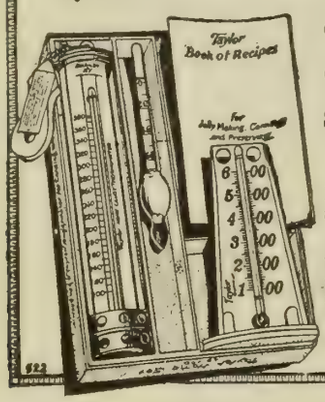
## Clover-Leaf Dinner Rolls

"—And let rise in a place between *80°* and *90°*. Bake at *480°*."

That is the modern scientific way of reading recipes. Not "let rise in a warm place," not "bake in a 'slow,' 'moderate' or hot oven" but —the *exact* temperatures in unmistakable figures. Get the three Taylor Recipe Books and see how it's done.

They'll show you the modern way—the chef's way—the only safe and sure way to cook. And they'll save you no end of fuel waste.

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Oven Thermometer, $1.75
Candy Thermometer, 1.50
Sugar Meter 1.00
The three for $4.25

Prices in Canada and Far West proportionately higher.

If your dealer can't supply the **Taylor Home Set** or will not order for you, mail $4.25 direct to us with dealer's name and it will be sent prepaid

## Cream Whipping Made Easy and Inexpensive

# CREMO-VESCO

**Whips Thin Cream**
**or Half Heavy Cream and Milk**
**or Top of the Milk Bottle**

It whips up as easily as heavy cream and retains its stiffness

Every caterer and housekeeper wants CREMO-VESCO.

Send for a bottle today.

**Housekeeper's size, 1½oz., .30 prepaid**
**Caterer's size, 16oz., $1.00 "**
**(With full directions.)**

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"Nellie is just like cider, so sweet until she starts to work."

— *Michigan Gargoyle.*

Magistrate (discharging prisoner): "Now then, I would advise you to keep away from bad company." Prisoner (feelingly): "Thank you, sir. You won't see me here again." — *Lippincott's.*

The Brewer: "Yes, sir, this brewery cost me nearly a million, and now it's no use."

Friend: "But why don't you turn it into a soft drink factory?"

The Brewer: "Never, sir! It's a matter of conscience with me."—*Judge.*

Mistress (to cook): "Now, Bridget, I'm going to give a Christmas party. I sincerely hope you will make yourself generally useful." Bridget (much flattered): "Shure, mum, Oi'll do my best; but [confidentially] Oi'm so sorry Oi can't dance, mum."

— *Glasgow Evening Times.*

A negro was trying to saddle a mule when a bystander asked, "Does that mule ever kick you?" "No, suh, but he kicks sometimes whar I'se jes' been."

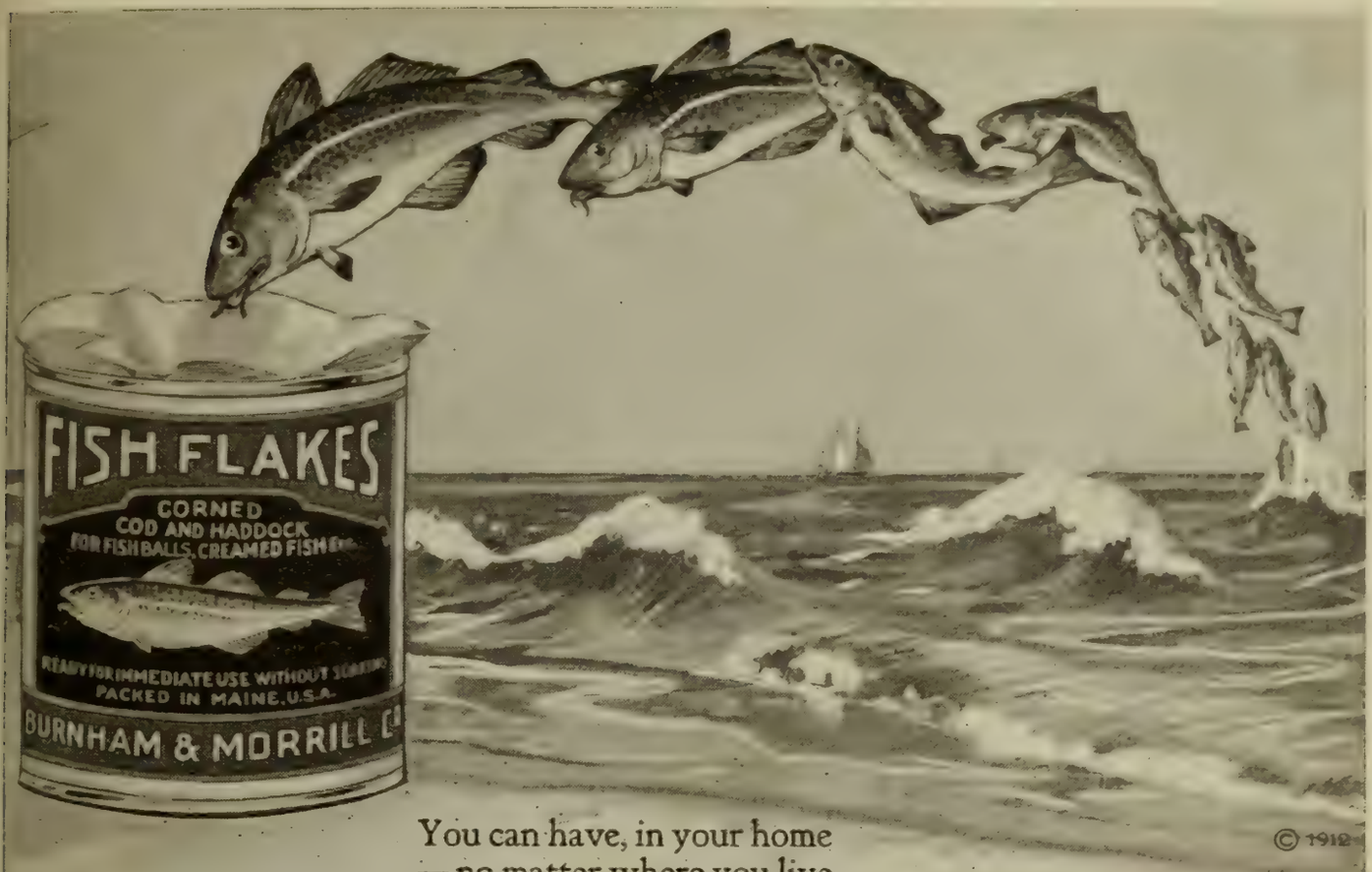
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**Gluten Flour**
***40% GLUTEN***
**Guaranteed to comply in all respects to standard requirements of U. S. Dept. of Agriculture.**
**Manufactured by**
**FARWELL & RHINES**
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## *Eat More Bread*

Bread is the most important food we eat. It furnishes abundant nourishment in readily digestible form. The fact that it never becomes tiresome though eaten day after day, is proof of its natural food qualities.

***Eat plenty of bread made with***

**FLEISCHMANN'S YEAST**




You can have, in your home —no matter where you live —the most wonderfully fresh fish, specially cooked and prepared for you, so that they are as fresh and flavory as on the day taken from the ocean.

# BURNHAM & MORRILL FISH FLAKES

the finest fish product for making *Creamed Fish, Codfish Balls, Fish Soufflé, Fish Chowder, Fish Salad,* and many other dainty and delicious fish dishes. Only the firm white meat of selected cod and haddock, packed in parchment lined, airtight containers—it takes three pounds of the fresh-caught fish to make one pound of B & M Fish Flakes.

No shredding, no boning, no loss of time or delayed meals. These pictures show three of the toothsome, appetizing dishes you can prepare quickly: our new "Book of Recipes" will be sent on request—ask for it.

B & M Fish Flakes, packed in a clean sanitary factory at the water's edge in Portland, Maine, simplify the cooking question, delight the family, and are nourishing as well as appetizing.

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*Packing and specializing in State of Maine food products—the best of their kind —including B & M Paris Sugar Corn, B & M Pork and Beans, B & M Clam Chowder, B & M Clams, B & M Lobster.*



*Creamed Fish*



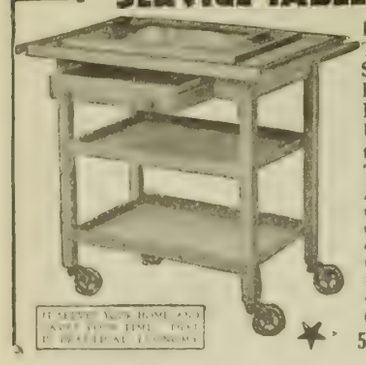
*Fish Soufflé*



*Codfish Balls*



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Large Broad Wide Table Top — Removable Glass Service Tray — Double Drawer — Double Handles — Large Deep Undershelves — "Scientifically Silent" Rubber Tired Swivel Wheels.

A high grade piece of furniture surpassing anything yet attempted for GENERAL UTILITY, ease of action, and absolute noiselessness. WRITE NOW FOR A DESCRIPTIVE PAMPHLET AND DEALER'S NAME.

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**Lightning Mixer**

***Beats Everything***

Beats eggs, whips cream, churns butter, mixes gravies, desserts and dressings, and does the work in a few seconds. Blends and mixes malted milk and all drinks.

**Simple and Strong. Saves work—easy to clean. Most necessary household article. Used by 200,000 housewives.**

A USEFUL CHRISTMAS GIFT

If your dealer does not carry this, we will send prepaid quart size $1.00, pint size 75c. Far West and South, quart $1.25, pint 90c. Recipe book free with mixer.

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**SALAD SECRETS**

100 recipes. Brief but complete. **15c** by mail. 100 Meatless recipes **15c.** 50 Sandwich recipes **15c.** All three **30c.**

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**Delicious Whipped Cream**

can be easily made from ordinary Table Cream by adding a few drops of

**Farrand's Cream Whip**

*Send us 30c for full ounce bottle if your grocer does not carry it.*

Liberal samples free to instructors in Domestic Science.

**THE CREAM WHIP CO.**
**Cleveland, Ohio**

**USED DAILY IN A MILLION HOMES**

**Colburn's Red Label Spices**

**The A. Colburn Co., Philadelphia, U.S.A.**

## The Graduate Housekeeper

THE demand for expert assistance in private homes cannot be supplied. Salaries range from $60 to $100 a month, or more, with full living expenses, comfortable quarters, and an average of eight hours a day "on duty." *Trained* graduate housekeepers, *placed by us*, are given the same dignified social recognition as trained graduate nurses.

Here is your opportunity — our new home-study course for professional housekeepers will teach you to become an *expert* in the selection and preparation of food, in healthful diet and food values, in marketing and household accounts, in the management of the cleaning, laundry work, mending, child care and training, — in all the manifold activities of the home. When you graduate we place you in a satisfactory position without charge. Some positions are non-resident, others part-time.

The training is based on our *Household Engineering* course, with much of our *Home Economics* and *Lessons in* Cooking courses required. Usually the work can be completed and diploma awarded in six months, though three years is allowed. The lessons are wonderfully interesting and just what *every* housekeeper *ought* to have for her own home.

To those who enroll this month, we are allowing a very low introductory tuition, and are giving, free, our COMPLETE DOMESTIC SCIENCE LIBRARY, beautifully bound in three-fourths leather style. This contains our full Home Economics, Lessons in Cooking and Household Engineering courses — 4,000 pages, 1,500 illustrations, — a complete professional library.

Our reputation, and fifteen years of experience backs this course. Your provisional enrollment is invited, *with no obligation or expense to you.*

AMERICAN SCHOOL OF HOME ECONOMICS,
503 W. 69th Street, Chicago.

Please enroll me, provisionally, for your new Graduate Housekeepers' Course. Send the "DOMESTIC SCIENCE LIBRARY" in six volumes, de Luxe edition, with first lessons and full details. If satisfactory, I will send first payment of $5, five days after receiving the "Library" and subsequent payments of $5 per month until a total of $25 is sent in full payment, — for instruction, diploma and for all expenses. The "Library" becomes my property, and all membership privileges are to be included for three (3) years. If not suited I will return books, etc., in five days, at your expense and will owe you nothing.

NAME .....
(Miss or Mrs.)

ADDRESS .....

INFORMATION .....
(Age, schooling, experience, purpose, *reference*)

.....




## *From What You Have in the Pantry*

*Mrs. Knox says:—*

"It is really wonderful how many delicious desserts and salads you can make easily and quickly with the things you have in the pantry and

# *KNOX
SPARKLING
GELATINE

My free recipe books 'Dainty Desserts' and 'Food Economy' save a lot of work, worry and money. They give an endless variety of delightful and original ways of combining Knox Sparkling Gelatine with coffee, cocoa, chocolate, nce, preserves, fresh, dried and canned fruits, fish and vegetables.

Experts call both packages of Knox Sparkling Gelatine, 'the 4-to-1' Gelatine because it goes four times further than flavored packages. One-quarter of a package will make a dessert or salad for six people."

### PERFECTION SALAD

- 1 envelope KNOX Acidulated Gelatine
- ½ cup cold water
- ½ cup mild vinegar
- 1 pint boiling water
- 1 teaspoonful salt
- 1 cup finely shredded cabbage
- ½ teaspoonful Lemon Flavoring, found in separate envelope
- ½ cup sugar
- 2 cups celery, cut in small pieces
- ¼ can sweet red peppers or fresh peppers finely cut

Soak the gelatine in cold water five minutes; add vinegar, Lemon Flavoring, boiling water, sugar and salt; stir until dissolved. Strain, and when beginning to set add remaining ingredients. Turn into a mold, first dipped in cold water, and chill. Serve on lettuce leaves with mayonnaise dressing or cut in dice and serve in cases made of red or green peppers, or the mixture may be shaped in molds lined with pimentoes. A delicious accompaniment to cold sliced chicken or veal.

*Note — Use Fruits instead of vegetables in the above recipe, and you have a delicious Fruit Salad—If the Sparkling package is used, two tablespoonfuls lemon juice should be used in place of the Lemon Flavoring.*

### BANANA SPONGE

- ½ envelope KNOX Sparkling Gelatine
- ¼ cup cold water
- 1 cup banana pulp
- 2 tablespoonfuls lemon juice
- ½ cup sugar
- Whites of two eggs beaten stiff

Soak gelatine in cold water five minutes. Put banana pulp, lemon juice and sugar in saucepan and bring to the boiling point, stirring constantly. Add soaked gelatine and stir until cool. When mixture begins to thicken, fold in whites of eggs, beaten until stiff, turn into wet mold or paper cases, and sprinkle with chopped nuts if desired.

*Note — If the Acidulated package is used 1-4 of the Lemon Flavoring contained therein may be used in place of the lemon juice in the above recipe.*

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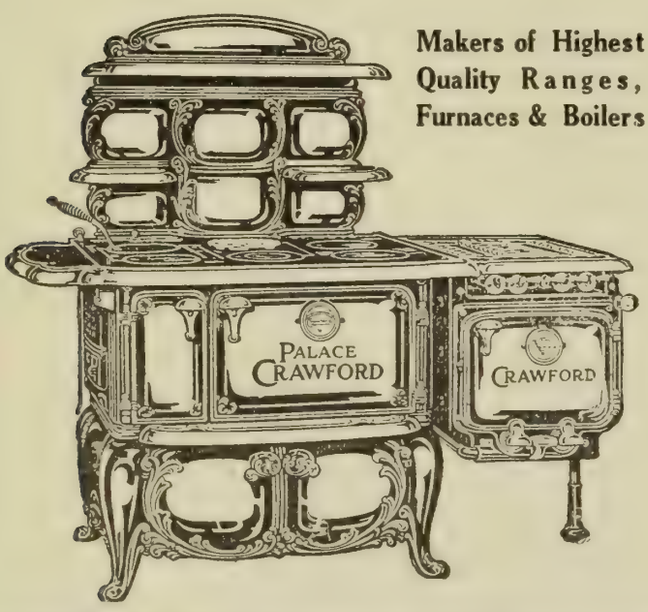
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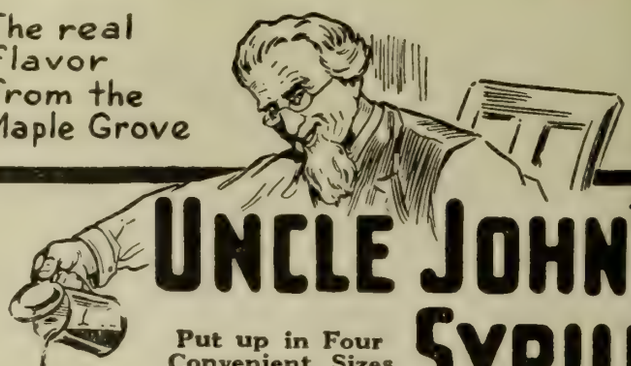
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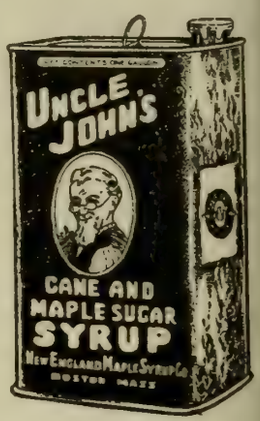
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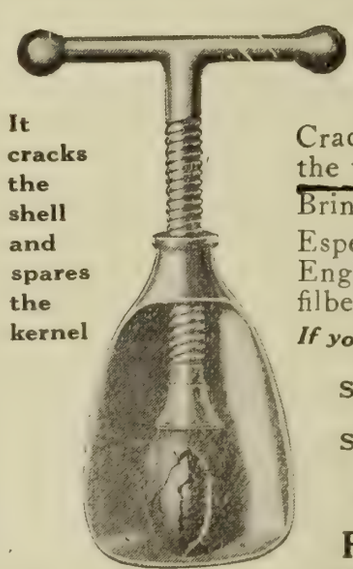

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## CONTENTS FOR NOVEMBER


| | | PAGE |
|---|---|---|
| CHINESE COOKERY AND CUSTOMS. Ill. . . . . | Jane Vos | 251 |
| CONCERNING COOKS AND COOKERY . . | David H. Colcord | 257 |
| SMILE ON! . . . . . | Caroline L. Sumner | 261 |
| PIES A LA WESTON . . . . . | Alice M. Ashton | 262 |
| LESSONS IN FOOD AND COOKERY — THE POTATO | Anna Barrows | 266 |
| THE STORY OF COFFEE . . . . . | Carl Holliday | 269 |
| EDITORIALS . . . . . | | 270–272 |
| SEASONABLE-AND-TESTED RECIPES (Illustrated with half-tone engravings of prepared dishes) | Janet M. Hill and Wealtha A. Wilson | 273 |
| MENUS FOR WEEK IN NOVEMBER | " " " | 282 |
| MENUS FOR THANKSGIVING DINNERS | " " " | 283 |
| PUTTING THANKS INTO THE THANKSGIVING DINNER | Wealtha A. Wilson | 284 |
| HAIL, THE CRANBERRY! . . . . . | Harriet Whitney Symonds | 285 |
| CHEESE . . . . . | Hazel B. Stevens | 286 |
| A SONG . . . . . | | 288 |
| HOME IDEAS AND ECONOMIES: — Innings — Water Plants for Your Windows — The Narcissi — Candlesticks — Orange Jelly — A New Fudge — Cinnamon-drop Apples . . . . . | | 289 |
| QUERIES AND ANSWERS . . . . . | | 293 |
| NEW BOOKS . . . . . | | 298 |
| THE SILVER LINING . . . . . | | 306 |




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# INDEX FOR NOVEMBER


| | PAGE |
|---|---|
| Cheese | 286 |
| Chinese Cookery and Customs | 251 |
| Concerning Cooks and Cookery | 257 |
| Editorials | 270 |
| Hail, the Cranberry! | 285 |
| Home Ideas and Economies | 289 |
| Lessons in Food and Cookery — The Potato | 266 |
| Menus | 282, 283 |
| New Books | 298 |
| Pies à la Weston | 262 |
| Putting Thanks into the Thanksgiving Dinner | 284 |
| Silver Lining, The | 306 |
| Smile On! | 261 |
| Song, A | 288 |
| Story of Coffee, The | 269 |


## SEASONABLE-AND-TESTED RECIPES


| | | | |
|---|---|---|---|
| Artichokes, Creamed | 278 | Pudding, Macaroni-and-Chicken. Ill. | 276 |
| Beans, String, French Style | 281 | Pudding, Rich Rice | 279 |
| Cake, Almond Sponge. Ill. | 279 | Puffballs, Breakfast. Ill. | 277 |
| Cake, Italian | 279 | Roasting Poultry and Birds | 273 |
| Cakes, Raised Potato | 280 | Roll, Apple. Ill. | 280 |
| Chestnuts, Browned | 278 | Rolls, Coffee. Ill. | 279 |
| Chicken Filets with Almond Sauce | 281 | Salad, Brazilian. Ill. | 277 |
| Cream, Nutted. Ill. | 277 | Sauce, Cranberry | 277 |
| Jelly, Cranberry | 278 | Sauce, Currant-Jelly, for Game | 281 |
| Jelly, Harlequin. Ill. | 278 | Sauce, Olive | 281 |
| Paste, Quick Puff | 280 | Stuffing, Almond, for Turkey or Chicken | 276 |
| Pork Tenderloin, Broiled | 275 | Stuffing, Bread, for Chicken and Turkey | 273 |
| Pork Tenderloin, French Style | 274 | Sweetbreads with Orange Sauce | 281 |
| Pork Tenderloin, Scalloped. Ill. | 274 | Tomatoes, Deviled | 281 |
| Pork Tenderloin, Stuffed | 274 | Venison, Roast, Virginia Style | 276 |


## QUERIES AND ANSWERS


| | | | |
|---|---|---|---|
| Chicken, Terrapin | 294 | Peaches, Spiced | 296 |
| Eggs, Cuban, on Toast | 294 | Preserve, White Grape | 293 |
| Figs, Preserved | 296 | Sauce, Brown | 293 |
| Figs, Spiced | 296 | Sauce, Butterscotch | 296 |
| Flowers, Crystallized | 296 | Sauce, Chocolate Fudge | 294 |
| Jars, Preserving | 293 | Waffles, Rich | 296 |
| Oysters in Cucumber Cups | 294 | | |



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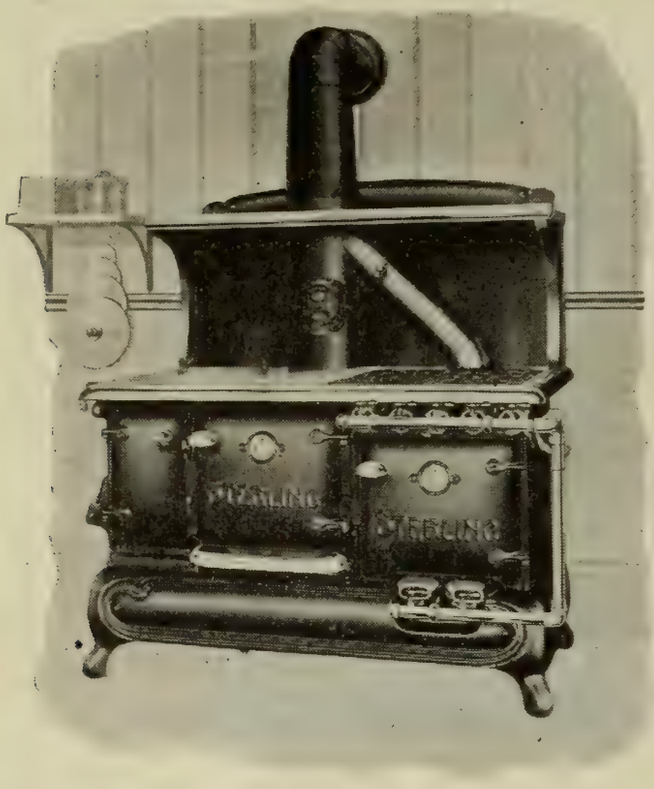
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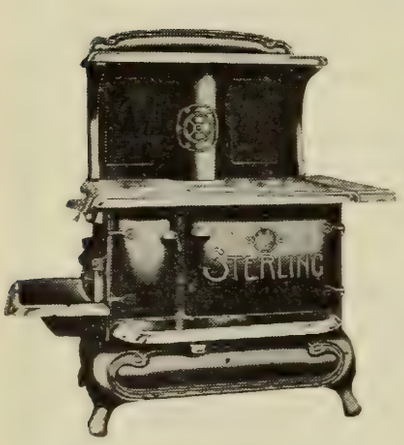
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# Planked Steak, Parisian

Season a three-pound sirloin steak with salt and pepper, roll in oil and broil until almost done. Place on plank with boiled onions and half a pound of fresh mushrooms removed from brown sauce in which they have been cooked. Dot the onions with beaten yolk of eggs. Set plank in oven and bake the steak until the onions are well browned. Cook potato balls about three minutes; then spread and dry in the oven, season with salt, butter, and chopped parsley and arrange around edge of plank. Cut cooked carrots into small cubes; mix with butter and peas and pour around steak. At one end of the steak arrange a bunch of asparagus tips, over which pour Hollandaise sauce. Pour brown sauce over the mushrooms.

If desired, a border of mashed potato pressed through a pastry bag and tube may be substituted for the potato balls. The mashed potato should be browned on the plank with the steak, onions, and mushrooms.



TABLE LAID FOR FORMAL DINNER, FIRST COURSE, GRAPEFRUIT

# American Cookery

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## Chinese Cookery and Customs

By Jane Vos

WHEN Dr. Wu Ting Fang, former Ambassador from China to the United States, was leaving this country, he was asked two questions, — one propounded by an American official, the other by a newspaper man.

"Has China a national song?" asked the former.

"Yes," suavely returned the Chinese dignitary; "the national song of my country is that sung by its teakettles, and our poets liken it to the 'echoes of a cataract muffled by clouds, a distant sea breaking on the rocks, a rainstorm sweeping a bamboo forest, or the soughing of the pines on a distant hill—'"

"Will you ever return to America?" crisply interrupted the newspaper man.

"Yes," smiled Dr. Wu Ting Fang, "in fifty years. I am over sixty now, but in my own country I live entirely on meatless dishes, so I'm likely to live to a ripe old age. The Great Lord Buddha said that if you leave meat alone you will live forever. All Buddhist priests and nuns refrain from a meat dish. Maybe I'll live forever, who knows—" his voice trailed whimsically away to the rumble of the car-wheels.

"I'll buy my wife a Chinese cook-book this very day, and join the Live-forever-Sons-of-Heaven," blithely chirped the reporter.

"No, you won't," reassured his companion, "for there are no cook-books in China. All the recipes descend like heirlooms of teakwood and jade from one generation to another, — diamond and pearl idea, you know."

It is true that Chinese cookery is hoary with age, dating back to three thousand years before Christ, the time of the Emperor Pow Tay Si, who is given the credit for its invention. It was the great philosopher Confucius, however, who taught the Chinese how to eat scientifically, pointing out the fact that the proportion of meat should not be more than that of vegetables, and that there ought to be a little ginger in one's food. Moreover, Confucius would not eat anything which was not chopped fine, in order to facilitate mastication. Today the Chinese people unconsciously obey the same law, and it is this universal custom that makes their food particularly nourishing and palatable.

Long ago in the shadowy past the Chinese used knives and forks, the same as we do, but connoisseurs decided that the metal impaired the flavor of their foods, and some ingenious Chinaman invented chopsticks.

There is a story told of a young bride, which is proof of the magic of Chinese cookery, as well as the esteem in which Oriental bridegrooms hold the culinary accomplishments of their wives. Ah Lit was boasting of this fact to a friend, when the latter, in a spirit of fun, asked Ah Lit if he thought his wife would cook anything he might take a notion to bring her. The bridegroom promptly responded in the affirmative. A half-hour later the Oriental visitor appeared with a stalk of sugar-cane and a bustard. Yami Kin thanked him profusely, and bowed herself into the kitchen. Curious to know what she would do, they followed her.

She dressed the bustard, which is the equivalent of our turkey, cooked it, then diced it into small pieces. Meantime, she scraped the cane, removing the outside rind, running the remaining portion through a grinder. To the white of an egg she added a little rice-flour, then proceeded to mix this with the diced bustard and the chopped sugar-cane. Rolling the mixture into balls, she fried the latter in peanut oil. When garnished with parsley on a huge Chinese platter, decorated with a blue dragon, she bowed very low once more, and bade them partake of her *chef d'œuvre*. They did so, and were astonished at its palatability.

Owing to the fact that alleged humorists have told so many unpleasant stories regarding Chinese food, many people believe that they live on rice, tea, and animals of questionable origin. According to one of these chroniclers, an Englishman was the guest of a Mandarin in his home in Canton. When the latter offered a second helping of meat, the visitor, whose curiosity was piqued to know whether the chopped dish was fish, flesh, or fowl, ejaculated, "Quack! Quack!"

"Bow-wow!" returned the Mandarin, gravely bowing negatively his head.

Even though such stories bring a smile they are harmful. Nevertheless, the Orientals do not stand alone in their regard for their culinary gift. We Americans have long since recognized their skill, and in many households, particularly on the western coast, they are preferred as chefs, owing to their thrift and precise kitchen methods.

There is an old Chinese superstition that on the twenty-third of the last moon, a week before the New Year, Maon, the Oriental Kitchen God, leaves the earth to visit the King of Heaven. For days before his departure, therefore, all sorts of food dishes are set before his shrine, especially sticky sweets, with a hope that he will eat freely, and thus glue his mouth together, so he will not be able to tell



AT MEAL-TIME



THE CHINESE TEA-OUTFIT

of anything but the good things that happened in the kitchens of China. No wonder the chefs are thrifty and precise!

Having once acquired the taste for Chow Mein, Chop-Suey, Shrimp, Lobster or Crab-in-a-Golden Pond, or enjoyed the luxury of Lotus-Seed-Broth, Tulip-Bulb-Salad, and numberless other Chinese dainties, one cannot help having a leaning toward things Oriental, and grasps the opportunity to visit Chinese restaurants whenever occasion permits. To be sure, they bring us a pot of tea the first thing instead of the accustomed glass of iced water, out of politeness to our queer way of doing things; but over in China, where they think the exact opposite the right way, they commence their dinner with sweets, nuts, salted pumpkin, and sesamum seeds, finishing with soup.

As to their tea, we pour cup after cup into the little handleless receptacles, forgetting even to miss cream and sugar, so delicious is the beverage in the steaming red-brown pot, bespattered with Chinese hieroglyphs and a huge, trailing blue-dragon.

What is the secret of "Char Yet Woo," (Tea)? Just the right quantity of tea leaves, Canton or Oolong, placed in the hot earthenware pot, with just the right amount of boiling water poured over them and allowed to steep considerably longer than ordinary tea. In fact, three to five minutes, which means bringing the infusion to a boil does not impair the flavor. Afterwards the beverage is strained into another hot pot. Behold the magic of Chinese tea! But how different our way of drinking. Instead of drinking the beverage in ceremonial silence, with merely a bow to the lotus blossom on the screen or wall before lifting the cup, tucking the fan into the depths of capacious sleeves in order to be ready to respond to the invitation, "Fan Yourself!" after the tea has been duly sipped and enjoyed, we gulp it down in mouthfuls, like the prosaic Occidentalists we are.

If a stolid Chinaman can be induced to talk, he will tell you glibly of the wonderful dishes made from unexpected and unusual things, just as did the little Chinese bride. He will go a step further and demonstrate his art, with savory and appetizing dishes concocted from unheard-of ingredients. What are some of these? Chinese cabbage, green peppers, fried noodles, water chestnuts unskinned, water chestnuts skinned, fungus, Chinese dried mushrooms, dried oysters, dried fish, bean sprouts, dried lily flower, birds' nests, Chinese gray potatoes, bamboo sprouts cut in pieces, Chinese onions, and even lily bulbs.

Chinese farmers over on Long Island, and along the Atlantic and Pacific coasts, have developed their vegetable industry to such an extent, that Uncle Sam has taken notice. In fact, they are providing many of the foodstuffs

used in the big Oriental restaurants, thus saving the expense of foreign shipment. For a number of years now there has been a large demand among Americans, for instance, for Chinese Cabbage (Pak Choi), which is preferred as a salad by many of us to our native-grown lettuce, owing to its crisp succulence.

In China there are many vegetables on this order with which we are not familiar, for which tourists soon acquire a great taste. For this reason our agricultural explorer, Mr. Frank Meyer of the United States Bureau of Plant Industry, has spent the past six years in China, investigating the possibility of introducing more of these vegetables, plants, et cetera, into the United States. Mr. Meyer is enthusiastic in his praise of the Orientals as farmers, and he believes that we would be greatly the gainers in our dietary, if we adopted more of their nutritious vegetables. Among these he mentions the edible bamboo shoots, which he pronounces a crisp, freshly flavored dish that has no rival. Foreigners in the Orient become as partial to them as Americans are to asparagus.

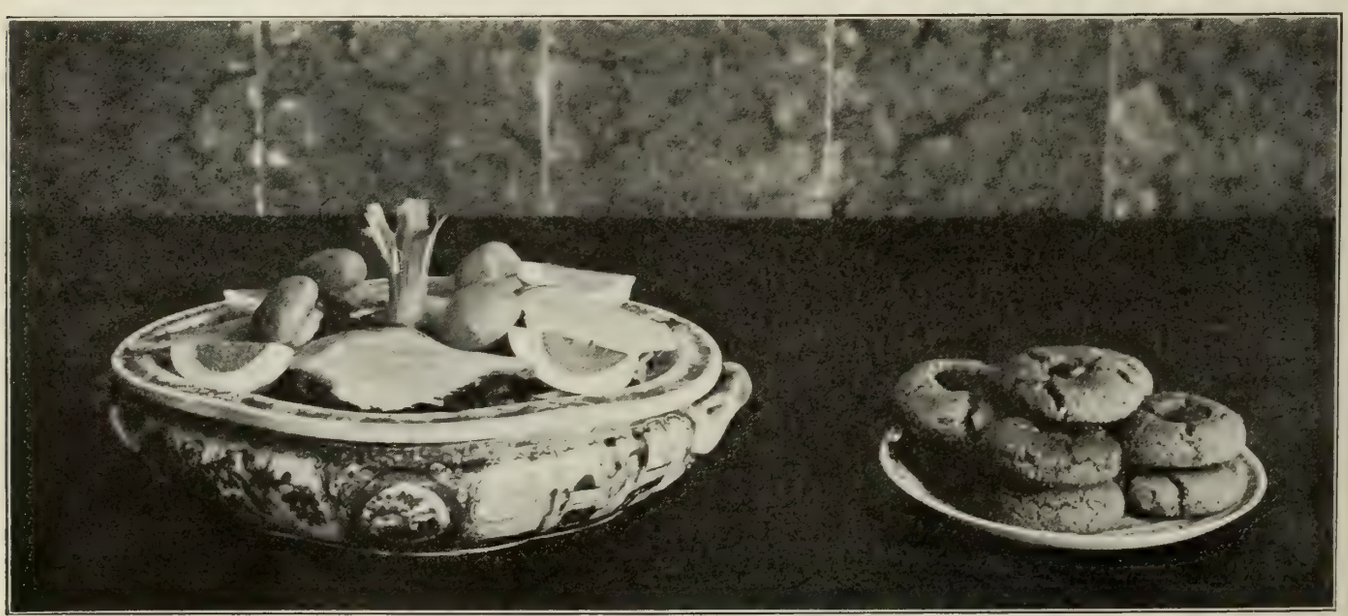
The varieties the Chinese are cultivating for their sprouts are generally grown in gardens close to the house, and they are heavily fertilized in order to insure a maximum of sprouts and the greatest tenderness of texture. As to fruits, red haw takes the lead. It resembles the crab-apple and is much finer in flavor than the cranberry.

Rice, which is regarded as a staple food, is a luxury, nevertheless, in the northern part of China, where it is both scarce and high. It is the staff of life to the Orientals, taking the place of bread, butter, and potatoes. Occasionally rice-bread appears among the more well-to-do, in the form of small steamed loaves on state occasions.

Mushy, wet, overdone rice is unknown in China, as the natives are of course past-masters in the art of cooking this grain. Rice is never boiled over twenty minutes, and it is never stirred, nor disturbed while cooking. At the end of twenty minutes it is set to dry on the back of the range. This accounts for its flakiness.

Meat substitutes are small ducks, birds, bustards (turkeys), which are served with a sauce of red haws, just as we use cranberries, chickens, and wild boar.

According to the science of Oriental cookery, a Chinese dish consists of three parts, — a meat, secondary, vegetables, such as water chestnuts, bamboo sprouts, dried oysters, and the topmost layer, or garnish, consisting of ham, chicken, or pork cut in dice, or bars an inch long, and enough parsley to flavor as well as to be pleasing to the eye.



MUSHROOM CHOW MEIN ALMOND CAKES

There are three methods of cooking, — steaming, frying, and boiling. In the first process, the Chinese cook drains off all the water as soon as the food is soft, adding just enough primary soup to cover the ingredients. Before serving, the primary soup is poured off, and the food is put in the steamer again, where salt is added to taste.

This primary soup, by the way, which gives the superior flavor to all Chinese dishes, is really the secret of the magic in their cookery. It is used in gravies as well as for the first cooking, instead of water. To make, equal weights of chicken and lean pork are required, — one-half pound, each, to about six pints of water. The meat is chopped fine and cooked slowly for two hours and one-half, until the liquid has evaporated. In order to do away with the oil, the Chinese put into the mixture a bowl of chicken broth, straining through a thick cloth until the liquid is clear, or the oil is on top, from which it is skimmed. It is then kept in a cool place.

Any one, wishing to serve a Sunday night supper, or to entertain à la Chinese, can easily duplicate at home most of the famous restaurant dishes, as the ingredients may be obtained at Chinese markets and groceries in any city where there is a Chinese Quarter. Among these ingredients are many dried foods, as the Oriental people hunt their foods in summer and store them away for winter use the same as we. All the foods exported to this country, therefore, are examined by a physician, and his certificate is pasted on the packages and jars bound for overseas.

Instead of using butter or lard for cooking, they substitute peanut, sesamum, and chicken oils for frying foods, and they always make use of a big iron or steel frying pan. To make the peanut oil, the nuts are skinned, then fried, turning repeatedly until they are yellow. They are then placed in a grinder, — a crude hollowed block of thick wood with a hole in one end. There are smaller



CHOP-SUEY WITH BAMBOO SHOOTS

holes, through which the oil comes when the peanuts are crushed by a stick of wood in the larger hole.

Syou, sometimes spelled "Soyu," is the Chinese Worcestershire sauce, greatly esteemed for the flavor it lends to any dish. Chow Mein and Chop-Suey are practically flavorless without this piquant sauce.

Through ignorance most Americans shrink at the mere mention of Bird's Nest Soup, yet this is the most expensive food on the Oriental menu, and by far the choicest tid-bit. Who of us feel a repugnance for honey? Well, what is the difference? The nests are made by a sea-bird in southern China, — really a Chinese Swallow, — from a delicate sea moss, and the gelatinous substance or saliva is much the same as the honey bee's when it makes the comb. The nest looks like spinach, and even those of best quality contain some impurities, such as straw and feathers; but these are easily removed by shaking in water.

The birds build these nests in almost inaccessible cliffs, where it is difficult for even the most agile young Oriental to



CHINESE CABBAGE



CHINESE MELONS

climb, and that is why they cost so much. They are brought to this country dried, and require a forty-eight-hour or so soaking before they can be cooked. A dollar to a dollar and a half is the price.

Noodles are served as part of several dishes, such as Chow Mein. They may be made at home, or purchased at a noodle-factory ready for use. They are always fried in peanut oil. Two quarts of peanut oil will fry a half-pound of noodles at once, and it requires only a minute or two to fry them crisp and golden brown. They are then set aside to drain until ready to use. The Chinese use blotting paper for draining them.

Chow Mein is fried noodles covered with Chop-Suey. To make, proceed as follows:

1 pound noodles
1 egg scrambled and cut into shreds
½ pound lean pork, shredded
½ cup celery, shredded
½ cup Chinese mushrooms, shredded
5 Chinese water chestnuts, sliced thin
½ cup bamboo sprouts, shredded
½ cup chicken stock
1 teaspoonful Chinese Soyu sauce
1 drop sesamum oil
1 teaspoonful cornstarch, dissolved

Into two quarts of peanut oil put one pound of noodles; fry crisp and drain. Fry one-half pound of lean pork, dice; add the celery, water chestnuts, mushrooms, bamboo sprouts, soyu, sesamum oil, and chicken stock, cooking all together for fifteen minutes. Add the cornstarch to the stock last of all.

Chicken Chow Mein is perhaps the most palatable of all. It is made as follows:

2 eggs
1 quart peanut oil
½ pound noodles
4 ounces pork
2 pounds chopped chicken
1 stalk celery
1 onion
½ pound breast chicken, shredded
3 hard-cooked eggs
1 tablespoonful soyu

Have the peanut oil boiling hot and toss in the noodles. Fry until they are crisp, then lift from oil and drain while preparing the following:



LYCHEE NUTS PEANUT CANDY

Four ounces of fine-chopped pork and one-half pound of chicken chopped, to which add level tablespoonful of soyu, one teaspoonful of salt, and cook ten minutes. Lay the noodles on the platter, forming a layer at the bottom of the dish. Place the vegetables and gravy on top, add a layer of the shredded chicken breast, lastly, the hard-cooked eggs, crumbled, as a garnish. Serve very hot.

Chinese sweets are considered a necessity by the Orientals. Among their favorite are Almond Cakes. To make:

| | |
|---|---|
| 1 pound flour | 5 eggs |
| ½ pound sugar | ¼ teaspoonful alkaline solution |
| ½ pound lard | |

Mix flour, sugar, lard, eggs, and solution well on board. Add a small quantity of lard at a time until every particle of flour contains an equal amount of each substance. Mold into cakes the desired size, placing in the center of each an almond. Put into a suitable pan and bake in the oven until brown. The length of time depends on the temperature of oven.

Peanut candy:

| | |
|---|---|
| ½ pound sugar | ½ pound fried peanuts |

Put one bowl of hot water in a hot, oiled pan. To this add sugar, cook, stirring constantly until no water is left. Mix the peanuts with sugar on the board. Roll while hot until one-half inch thick. Let cool. Cut the desired size.

Pak Choi or Chinese cabbage salad — "Oriental Romaine" it is designated in some markets—is served, cut up salad fashion, with a dressing made of peanut oil, a few drops of soyu, a teaspoonful of vinegar or lemon juice, a teaspoonful of sugar, a fine-minced bud of garlic, and a shredded green pepper.

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# Concerning Cooks and Cookery

## By David Harold Colcord

"Lend me, I pray you, the sauce pans
In which you boiled your beans."
— *Timocles.*

"I HAVE observed," lectured the judge to a certain crowded Chicago police court, "that fully half of these domestic quarrels that I hear, spring full blown from some one's breakfast table. A leathery piece of ham once lodged in a man's interior is responsible for more crime than all the liquor that flows."

That judge was a regular judge! He deserves to be immortalized. He merits a place alongside of Epicurus or Charlie Lamb. He knows life and what makes it go, — three *square* meals a day. He knows, and knows that he knows, that upon the final, scientific flap that the little wife at home gives the early morning cake, depends peace and the pursuit of happiness.

Libraries have been dedicated to the academic chase after the Antediluvian Flea, and learned men of the professorial stripe have laid down their lives on the altar of Pure Science. These volumes are available (under cover of dust). From the standpoint of real, red-blooded civilization, why is there no volume on a vastly more vital subject, "The Evolution of a Hard-Fried Egg"? The History of Cookery is the history of happiness. The cook stove and not the hearth is the tie that has bound (and unbound), since Mother Eve prepared the first breakfast in the first suburban home in the outskirts of the Garden of Eden.

According to early Biblical accounts, cooking to satisfy hunger was merely incident to its more elaborate function of religious observance. As a fine art, little or no progress is recorded until

Belshazzar, capitalist and regal patron of the Follies, saw the handwriting on the wall. The incident marks, perhaps, the early appearance of our modern tendency to deal with effects rather than causes, — tradition states that he consulted his court physician, and little dreamed in his pristine ignorance that varicose veins and a leaky heart originate in the kitchen.

Contemporary savagery and barbarism furnish one easy access to the methods and practice that must have been popular long before the days of soft-shell crabs and fireless cookers. Our own American Indians ground grain on slabs and cooked it into form in seething pots of wood, woven grass, stone, or clay. Even today in the Southwest, the remaining Indians use ollas or water jars, and cooking pots of gourds and shells. The question has always been "how to get the fire to the food, and not how to get the food to the fire." The Filipino builds his fire between two huge stones. A flat stone of considerable thickness is placed over these and heated red hot. Then the fire is pulled from under this improvised stove and the cooking is done by the retained heat. These dark-skinned cooks are wiser than the Administration ever has given them credit for. Western civilization thought they had discovered something unique when the paper bag and fireless cooker was put on the market a few years ago, but the so-called Filipino hot-stone is identically the same proposition, — minus the frills of a kitchen, dining-room, and tea-wagon. The same kitchen utensils are today used in Mexico, South America, and parts of Asia.

The Indian clay basket is interesting. The basket was made of woven grass lined with clay. The bottom was flat and of molded clay into which sand had been worked. Filled with corn, the basket was kept in motion over the fire, and thus our first corn-popper. Interesting to me, because of all the good things of this earth, which were not meant for my particular digestive apparatus, pop corn is the best and worst. A whiff in my nostrils is most deadly in its seductive charms, — the whole pan must be cleaned before I am again a free agent.

Notwithstanding the free publicity given it, there is certainly great good in the Return-to-Nature Movement. A reversion to the kitchen practice of the past, when food was so prepared that men lived to the ripe old age of nine hundred and ninety-nine, may, if enforced now, save some of us from being relegated at the venerable age of forty to the "unavailable." This kindly step backward, and then upward, has lately lost vogue because a few feminine zealots found the ground too slippery and misinterpreted the movement. To wit: the return to Mother Nature of a certain clientele of a fashionable New England finishing school. They lacked perspective — one can't get far in a Boston suburb!

Let us continue in the Evolution of Cooking Utensils, with an earnest endeavor to avoid harmless digressions.

Let us dismiss our contemporary examination with one more example. Let us look at the cave-dweller who frequents the modern four to six room flat. Make directly to the kitchen and invite the lady to step out so that one of us may step in. Here we have an exact replica of the place where our aboriginal, red-eyed ancestors fought for air against the sputtering, sizzling, smoking, incense-breathing of a cook stove. From all I can learn, the fittest survived only because the onion, the cabbage, soft coal, and natural gas were not in the lists. Now, honest, is it any wonder that you can't get a table in a New York restaurant without buying the head-waiter a new home? Folks will not stay home under those conditions!

This is an age that runs to types. There are two types of man: the Hamlet type that is all thought and no action; and the one that got the reverse English, as, per example, Charles Chaplin, who acts but never thinks. There are two types of women: the innocent,

blue-eyed, blue-ribboned, open-air type; and the Vampire. We men prefer some qualities of one or the other, — either of Mary or Theda. The same principle is universal. Cookery is subject to its influence. Cooking throughout the ages has followed two types. It has either been incidental to the fire, or the fire incidental to cooking. That is to say, fire has been built and a portion of its heat so directed that it was applied to cooking food, while the remainder of the heat was wasted. The log fire in the Colonial fireplace is an example. The practice of this type of cooking has grown in direct dependence on the abundance of fuel. It was cheaper and easier for the New Englander to burn a whole log to roast a sirloin, than to fashion a fire that would only roast meat. The second type is the direct opposite. The modern electric range is an example par excellence. With wood, coal, oil, and gas almost prohibitive because of price, we are approaching the method of the electric range as the ideal. This type of cooking lays down as a first principle the conservation and the direction of heat.

It is interesting to note that according to Charles Lamb's "Dissertation on Roast Pig," roast pork dates from the conflagration of an entire Chinese village. Incidentally several litters of pigs were nicely broiled, and Bobo, a curious son, happened to lick his fingers that were smeared with burnt pig. News of the deliciousness spread literally by wild-fire, as hundreds of villages were burned in order to have roast pig. This is a classic example, indeed, of the wasteful type of cooking referred to above.

Let us trace the progress of cookery throughout the ages. In barbaric times, according to history, no cooking was done, and mankind lived on roots, fruits, insects, and raw flesh. Personally I have always wondered about the insects, — their size, tastiness, etc. With the development of agriculture, the sun and fire were both used for cooking fish, flesh, fruit, and berries were dried in the sun and thus preserved. Trouble was experienced at the start in procuring vessels that would hold fluid and resist heat. Until one was found, skin bags were used for boiling. Stones were heated and dropped, one after another, into the bag until the water attained a boiling-point. Meat was suspended by cords from spits and turned carefully as it roasted. Often the meat was wound around green sticks and thus suspended in the fire. The Turk employs the same method today. Later a gridiron made of bars of wood was devised for meat. Hence our word "grilling."

The following passage shows that the Greeks understood the effect of heat and water on food.

"Placing all my pans upon the fire, I soaked the ashes well with oil, to raise a rapid heat for broiling." — *Archedius.*

The cook in Athens held the life and honor of his master in his hands, so common was poisoning by food; honors and wealth were bestowed upon those who had ability. Cooking stood high among the professions, and the "chef" occupied a prominent place in political affairs.

Cooking became a "fine art" with the Greeks only to propitiate the Gods or celebrate a victory. As a rule, the Greeks were frugal in their fare, and it was not until their contact with the East that profusion was introduced to their banquets, but when it came, it set the pace, for all subsequent ages, of gluttony. Xerxes tells us that whole cities were destroyed in order to provide for one banquet. Plato boasted his teacher, Socrates, as the only man sober enough to walk after a quiet "club dinner." One fact is significant to adepts of the quick lunch, and that is that the Gods loved fried meat.

The Romans were not only imitators, but went the Greeks one better. A report has come down to us that five hundred nightingales' tongues were served at one Roman feast. The leader of Roman society held "first place" by

creating culinary surprises at his table, and by serving rare dishes. It is not presumptuous to assume that Antony and Cleopatra were the first users of the chafing-dish.

The Monks seem to be the only people that dined on prepared food during the Dark Ages, and it is said that in the absence of other-worldliness, they put cookery on the map.

The Domesday Book in early Britain contains an account of one Robert Argyllon who received a manor for serving a certain dish to William the Conqueror on his coronation day.

Modern cooking, as a fine art, begins with the visit of Catherine de' Medici to Paris, where she taught the Court the subtleties of the Italian kitchen. And notwithstanding the fact that Napoleon is said to have left a Parisian cook in every country he invaded, Paris remains today the mecca of Chefs and Cookery. Among other things that we owe to Catherine, is the discovery and distribution of "ices" for which Paris is famous.

Cookery made some strange bedfellows in early France. Vatel, the great Condé's cook, suicided because fish which he ordered for a certain dinner did not arrive. Mayonnaise is ascribed to the famous Richelieu. James the First was the most abused man in England because he affected the French habit of using a fork. Women adopted a tripartite profession known as "Physiche, Surgery, and Cookery."

Let me refer for convenience again to the two standard types or methods of cookery which I will call "wasteful" and "scientific." Naturally the first type came (with New England's several million Pilgrim ancestors) in the Mayflower, and landed at Plymouth Rock. What a relief it must have been to young Johnnie Alden and his playmates to gaze upon the primeval forest with its millions of cords of fire-wood! At that early day a tree containing enough lumber to build a dozen modern rabbit hutches was worth less than a modern match. Thus with their open fireplaces, they burned down our forests with the random of a Nero. But they weren't posting any town ordinances to "Dump no Tin Cans Here." Neither were they troubled in spirit because of a tardy garbage man. Food and utensils were scarce.

A benevolent Providence has preserved this same type of cooking — with no regard to fuel — for us today, for as wood became scarce, we simply walked out and discovered oil, coal, and natural gas. Not so in Europe. Centuries ago the cook learned to husband his fuel, and not a stick more was, and is, used than is necessary to heat the food. It was too hard to get, and too costly.

Water for fuel is our next best bet, and then, who knows, perhaps the sun, as in days of old, will serve us. I will return to that later.

When one stops to reckon that iron was not cast in England until 1542, no proof is necessary to establish the fact that the early colonist brought few utensils. Tinware was not manufactured in this country until 1770. Colonial kitchens and dining-rooms were equipped largely with wood and pewter.

Cooking history would certainly be in the making, if one of our Won't-Get-Married-Unless-I-Can-Live-As-Well-As-Mother-Does American beauties, were forced to keep house on the outfits listed below. This colonial dame kept house in 1640 and used —

| | |
|---|---|
| 2 brasse skillets | 1 pewter bottle |
| 1 ladle | 1 warming pan |
| 1 candlestick | 13 pewter spoons |
| 1 mortar, all of brasse | 1 stupan |
| 1 brasse pot | 3 bowles |
| 7 pewter dishes | 1 wooden cup |
| 1 pewter bason | 1 wooden platter |
| 6 porringers | 2 drinking horns |
| 2 pewter candlesticks | 1 little pott |
| 1 frudishe | 2 hogsheads |
| 2 sasers | 2 barrels |
| 1 small tub | 1 cowle |
| 7 bigger pewter dishes | 2 furkins |
| 1 salt | 2 pewter cupps |

Some of these kettles weighed thirty or forty pounds! Think of it, and yet the I. W. W.'s preach today that the world was misconceived, — when a man and his wife can be getting that good old snooze at seven A.M., while a clock and thermostat automatically start the oatmeal and pork chops in their electric range. Oh, why should the spirit of woman be proud!

When Priscilla got ready to entertain her relatives for Christmas dinner, some one had to get a new green lug-pole for the fireplace. On this the utensils were suspended over the open fire. Woe to the day when the lug-pole charred and broke, for then the whole dinner went into the fire.

It was not until one hundred years later that the first iron crane was used. The Dutch oven did not come into use until sometime after the revolutionary days. The first stove, of the jam type, was introduced by Sower in Germantown in 1730.

Benjamin Franklin invented the first cooking stove in 1741. He advertised that it would "consume its own smoke." In spite of his hand-printed propaganda, the ladies of Philadelphia, characteristically, refused to accept a "contrivance whose smoke injured their complexion." Benjamin Franklin and his methods of advertising won, so it was that the stove superseded the fireplace for cooking.

Following, by a process of adaptation to fuels available, came the oil stove, coal stove, and gas range. About 1910 the crest of the wave of wastefulness was reached, and the poor man began to consider ways and means of fuel conservation. The "paper bag" was tried. Its principle was splendid, — a step forward, but its practice spoiled many well-intended dinners. It occasionally broke and spilled its contents. The principle of cooking by retained heat was again employed a little later in the fireless cooker. The fireless cooker deserves honorable mention, for it certainly has some excellent qualities. I fear that something is wrong with the merchandising methods of the manufacturer, for it has not proved as popular as it should.

When one observes, as I did the other day, a couple of newly-weds lolling down the Avenue at 5.30 P.M. with apparently no thought of the morrow, one begins to wonder if the young lady's good grandmother is entirely at peace with the world in the place where she has gone. One can almost hear her say, "Well, times have changed. I declare, when I was your age, this time of day found me gettin' the potatoes over for supper."

What I actually did hear, was, "Charlie, dear, did you set the clock on our new range for 6.00 o'clock?"

Times have changed! Water churning into giant turbine generators today is creating Electricity — the fuel of tomorrow.

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## Smile On!

I'm just a little ditty and not the least bit witty.
But listen, I've a secret up my sleeve.
If you're forever sighing
And all the world decrying,
Your friends will all excuse themselves and leave.
There is an old, old story, as old as Mother Morey,
That, if you give, the world gives back to you,
With interest fully double,
So why not take the trouble
To give the world a cheery smile or two!

CHORUS

So make it your intention
With proper comprehension
To see the world from every point of view.
Smile on if you're defeated,
Or if you think you're cheated,
Smile on and soon the world will smile on you!

— *Caroline L. Sumner.*

# Pies à la Weston

*A THANKSGIVING STORY*

By Alice Margaret Ashton

THE cloud was but the size of a sheet of note-paper. Yet it was the first that had hovered above the charming white cottage.

"I tell you, Agnes," exulted young Robert Weston, happily unobservant of the cloud, and excitedly waving the offending note-paper by way of emphasis, "I tell you, if Uncle Robert takes an interest in us, we're *made*, little girl!"

"I don't think I understand," admitted Agnes Weston, "just what he intends —"

"Why, he's tired of wandering over the earth — no home, no intimate family connections. That's why he went into the war. But now that is over he is no better off.

"So now he proposes to come here for a month, and if he likes the prospect, put in his money and his influence with me and just make things hum. Why, it will mean success right from the start, instead of after years of struggle and grind."

"But *here!* With us!" remonstrated Agnes. "Your Uncle Robert, of all people!" she added dolefully.

"Uncle Bob is all right," insisted his namesake, enthusiastically. "Why, what did you think?" he added hastily at sight of his wife's face. "Course he wouldn't think of living with us indefinitely, kitten! It's just for the month of his visit he will be here with us. Surely you want to make him welcome?"

"You do not understand," pleaded Agnes, patiently. "Uncle Robert is the dread of every woman in the family — even experienced housekeepers like your mother! Why, Bobbie, he quarreled with the sweetest girl in Roxberry, because they disagreed over *pies!*"

With a laugh young Robert Weston lifted his athletic figure to its full height, drawing his wife up with him. "Then we'll show him," he boasted, kissing her emphatically, "what a lot his foolishness cost him! Cheer up, little girl — you're a corking cook. Remember what a chance this is for both of us, and we'll land Uncle Robert, see if we don't!"

Left to herself, Agnes Weston sank back in a dejected little heap on the garden bench. She felt perfectly justified in the tears which dripped over her flushed cheeks.

Justified, that is, until a gentle voice very close behind her murmured entreatingly: "My dear, my dear!"

"Oh," cried Agnes, sitting up very straight, "I did not mean to be so foolish!"

"No more did I mean," pursued this smiling neighbor, "to hear through the trellis what was not intended for my ears."

"I — I've never had a guest come and stay — and he is so hard to please — and he never accepts any dessert except pie. Think of that — *pie!* I've always shunned pie-making, and now to think Bob's whole future may depend upon my making them! Not just pies, but real Weston pies — pies à la Weston, I suppose I ought to say," she giggled a bit hysterically.

"But isn't it dreadful," she added contritely, "for me to be talking like this?"

"My intrusion may seem dreadful, too," pursued the gentle voice through the trellis, where a few brilliant leaves still fluttered gaudily. "But I couldn't bear to see you worried without offering to help.

"I was 'raised' in the pie-belt, myself. I've even heard of the Westons of Tribes Hill. Suppose you come over and we will map out our campaign."

That hour spent in pretty Miss Wellman's library greatly reassured Agnes Weston, — Miss Wellman, whom she had

hitherto known merely as a rather formal front-door neighbor.

The appearance of Uncle Robert a week later was also reassuring. He had young Robert's athletic build, with the flat back of a soldier, blue eyes that twinkled with a shrewd humor and an obstinate set to his chin that reminded Agnes of the old story about the sweetest girl in Roxberry.

Young Robert was genuinely delighted to do honor to his favorite uncle. Agnes seconded him heartily. And Uncle Robert, possessed of an honest desire to approve of these young people, felt his confidence increase with each course of the first dinner he was privileged to eat beneath their roof.

Dexterously Agnes cleared the table, slipping the plates and platters snugly out of sight on the lower tray of the tea-wagon.

Triumphantly she brought from the serving table a beautiful pie in a beautiful silver holder that sparkled emphatically of wedding gifts.

"A pumpkin pie!" exclaimed Uncle Robert, approvingly. "Pumpkin pie with a ring of currant jelly, after the good old Weston custom! How any one can consider pumpkin pie complete without currant jelly surpasses my comprehension.

"Don't cut it for a moment, my dear," he remonstrated as Agnes picked up the heavy silver knife — also sparklingly suggestive of rice and roses. "It has been long since I have beheld so appetizing a picture. The same beautiful color! The same fluted crust! And, I'll wager, made after the same old recipe, my dear?" he finished delightedly.

Agnes flushed becomingly, whether from pleasure or embarrassment.

"You can depend upon its being the real thing," affirmed Robert, coming to the rescue. "Though one must make allowances for the fact that our modern housekeeper lacks the freshly picked pumpkins and the limitless cream and stuff Great-great-grandmother Weston doubtless commanded when she originated the recipe."

"Assuredly," agreed Uncle Robert, genially. For he observed a tremor in the hand wielding the pie-knife. And already he felt a deep admiration, even affection, for the charming young wielder! "My dear," he added gallantly, after an experimental taste of the golden wedge on his plate, "in Great-great-grandmother's place I imagine you might have excelled her. This is a treat, indeed, for a homeless old wanderer."

"Push the plate over this way, Agnes," suggested Robert. "Uncle Bob and I will enjoy helping ourselves as I remember doing when a kid in the old buttery at Tribes Hill."

"Well begun is half-done" is a true maxim worthy of greater mention. No doubt about it, that first dinner was a great success.

Between the activities of setting the dining-room in order and washing the dishes in the little kitchen to the accompaniment of a contented rumble of conversation from the living-room hearth, Agnes carried the news across gardens to the anxious neighbor conspirator.

"Perfectly gorgeous! I feel like a cheat to accept credit for a pie like that. Not tomorrow, thank you — I certainly do not wish to be guilty of 'riding a free horse to death' or of pampering a man to the extent of giving him pie every day! Now I must fly."

But she popped her flushed, laughing face back into the kitchen to add: "But you're a darling angel, just the same."

Confided Agnes to her husband on the second night of Uncle Robert's visit: "He is a regular pie-fiend. I know he did not really consider my dinner a success, though my pudding was delicious."

"Why not give him pie?" advised Robert, indulgently. "We can stand it for a month. Think of the limousine you'll be driving when we get the business really going."

Uncle Robert said little, but his shrewd eyes missed no detail of the de-

licious apple pie that put in its appearance at the end of the next dinner. At sight of the crooked spray that sprawled across its top like a sprig done in eyelet embroidery, a satisfied smile lighted his face. "I was raised on pie like this," he told Agnes, accepting a generous second helping.

The days of Uncle Robert's visit passed happily, except that Agnes' conscience, usually of crystal clearness, troubled her continuously. "I'll never be able to pay that darling Anne Wellman — never in this world! And it seems so despicable to sail under the false colors of those twenty-odd pies!"

For the pies were making an impression; there could be no doubt about it. More and more frequently did the middle-aged Colonel pause before the white cottage in a nifty roadster to whisk his niece off for a ride through the glorious sharpness of the November afternoons. More and more often did he draw her into the discussions before the evening fire. All of which added not at all to that discerning young person's peace of mind.

But, conscience or no, she couldn't suppress a pulse of pride as she successfully conveyed to the serving plates, one evening, such a custard pie as beggars description: flaky crust, baked just right; golden filling, firm, tender, fading into a creamy, crushy surface.

"My dear," observed Colonel Weston, "I wish I had words to tell you what a pie like this means to a man forced to eat 'wholesale pies' for twenty years."

"I suppose the most convincing compliment to the cook is a hearty appetite," smiled young Robert, genially. "Help yourself, Uncle Bob."

Agnes could not bring herself to utter a word.

"It does put you in a sort of hole, I can see that," Robert admitted to his wife later that evening. "I'll tell you what, dear; day after tomorrow is Thanksgiving and the end of Uncle Robert's visit. After he is gone, get that nice Miss Anne to teach you all she knows about pies, and when you have mastered the whole business — which you can do, never fear — make a clean breast of it to Uncle Robert. He will admire your spunk!"

"You think that will be all right?" faltered Agnes.

"Course it will be all right! Be a sport, kid. You've done every other last thing since he has been here except build those pies, and I'm proud of you."

Agnes felt better next day. If she had felt entirely easy about the pies, it would have been such a joy to have Uncle Robert with them. He seemed to like them and their little white cottage so much.

"Huckleberry pie!" he shouted joyously, quite forgetting his manners and making Agnes laugh at his boyish enthusiasm. "Tribes Hill used to be covered with blueberries — Bob will remember. And no blueberry pie tastes so good as the one with a 'cart-wheel' on its upper lid. Did you use a paper funnel in the middle to keep the juice from boiling out, eh?" he pursued, delighted with his "inside" knowledge.

Agnes laughed gaily. "But I think it looks like a sunburst," she observed.

"No doubt," Uncle Robert conceded genially. "But cart-wheels were more comprehensible to the youth of Tribes Hill, my child."

After dinner before the glowing fire Uncle Robert was unusually silent.

Out of this silence he spoke suddenly. "Robert," he said, "I have decided to stay here and go in with you, if you are willing?"

"Willing! I guess you know as well as I do that it will be the making of me, Uncle Robert," cried the young man, gratefully.

"Well, well. If I can help a bit, I'm glad. I like you children, I am willing to admit. I like the way you conduct your business and the way you live. And I want to say that Agnes has done her full share in bringing me to this decision."

Breakfast was late at the white cottage next morning. The men had sat long over their plans the night before. And for some reason sleep and Agnes seemed to be total strangers.

As she watched Uncle Robert that morning and remembered all he was doing for them, food choked her. She couldn't "cheat" him that way — she had to make a clean breast of it *now*.

"Uncle Robert," she cried, "I have not played fair. I'm not what you think I am at all! I never made those pies you liked so much — not one of them."

"You didn't make them?" The blank astonishment on the Colonel's face gradually gave place to shrewd speculation. "Who did, then, may I ask?" he inquired.

"My next-door neighbor," whispered Agnes, miserably.

"She came in and caught Agnes crying and found out you were unusually fond of pies and that Agnes wasn't much used to company, you see," explained young Robert, gallantly jumping into the breach.

"And when Miss Wellman offered to make pies during your stay we didn't see anything wrong in it, you see. We didn't consider how it would be sailing under false colors—"

Robert's floundering explanation came to an abrupt end. Their guest, with a muttered word, had left the table — the room — the house!

In her sunny kitchen next door Miss Anne Wellman had an early start with her Thanksgiving pies. A cheery fire snapped in the bright stove. Stray little curls peeped from beneath her crisp white cap. And as she rolled pastry and fitted it in the tins her thoughts drifted across to those two nice children next door and to their exacting guest, now soon to depart.

These thoughts lent an indignant color to her cheeks and emphasis to the thumps of her rolling-pin.

"I've as good a notion as I ever had in my life to mark every one of these mince pies with a cart-wheel," she murmured aloud vindictively.

"Why don't you?" genially suggested a voice behind her.

In the doorway stood a tall, athletic man with the straight back of a soldier, twinkling blue eyes darkened now with some deeper feeling, and a chin that could look firm.

"Anne," he said, closing the door and coming quickly across the sunny space, "I've always known I was a fool and in the wrong, but my pride would never let me own it. If there is anything on this footstool more set than a Weston of Tribes Hill, it is —"

"A Wellman of Roxberry," finished Miss Anne, smiling faintly. "I've been making pies the Weston way all these years, just to punish myself," she admitted.

"Who gives a hang about pies?" exclaimed the man, putting his arms close round her. "You are all that matters, Anne! Anne!"

For a space the kitchen was filled with silence — a happy, wonderful silence. "Will you let it be tomorrow, Anne?" he begged earnestly. "A real Thanksgiving, dearest!"

Then a scurry of feet sounded outside and the door burst open.

"Oh, I've 'fessed up, Miss Anne—" Agnes Weston's words stopped as if the current had been snapped off.

"*Aunt* Anne, you mean," corrected Colonel Weston, serenely. "Come here, child, and kiss your aunt and uncle."

Louder footsteps rang without. "Agnes?" called young Robert, anxiously.

"Come in, Partner," the Colonel invited cordially. "We were just planning a joint Thanksgiving dinner. If you children think you'll have turkey enough to go round, we're planning on plenty of pies for the crowd!" He ended with a chuckle, his arm still about the flushed and very pretty pie-maker.

The eyes of Anne and Agnes met. "A la Weston," they murmured in unison.

# Lessons in Food and Cookery, with Simple Appliances

## The Potato

By Anna Barrows

Instructor in Cookery, Teachers College, Columbia University

THE potato is less ornamental than the apple, but is sufficiently important to deserve a lesson all by itself in any school studying foods.

The French name, *pomme de terre*, apple of the earth, is a recognition of its good qualities. Yet people used and cultivated the apple in the old world long before they knew anything about potatoes, for the potato is a native of America.

How can we arouse country children to real live interest in the potato, a perfectly familiar object, but associated with hard work in field and kitchen, and so common a food that it arouses no anticipation for a feast to come?

Let the children look up the names of this earth-apple in other languages, and find all they can about it in encyclopedias or history, as a beginning.

Spain appears to have been the first part of the old world to use potatoes, but those are supposed to have been the sweet potato. About 1588-9 white potatoes were introduced into Belgium and Holland, perhaps through Italy from Spain. Later they were introduced to Great Britain and Ireland, possibly by wreck of a vessel. Several of the early navigators, like Sir John Hawkins, about 1563; Sir Francis Drake, 1573; Sir Walter Raleigh, 1586, appear to have had a share in bringing potatoes to Great Britain.

At Offenburg, Baden, a statue of Sir Francis Drake was erected, inscribed "To the Immortal Introducer of the Potato in Europe."

In 1914 the centenary of the death of Antoine Parmentier was observed, and a statue was erected to his memory in a suburb of Paris, where he showed his countrymen that they might grow potatoes.

During the wars of the eighteenth century he was the chief health officer of the French army. Several times he was captured, and thus he noticed that potatoes were cultivated in Germany and learned their value and how to raise them.

In 1771 the Institute of France awarded a prize to Parmentier's essay on the value of the potato. He also wrote a book, "The Complete Baker," telling how to use potato flour in bread-making, combined with rye or other grains. Louis XVI wore the potato blossom on one occasion and bade his courtiers eat potatoes. After that the despised plant grew popular.

Now when we see a soup with Parmentier's name we may readily guess it to be made of potato.

A historian has thus recorded an American incident in which the sweet potato plays a part:

"Gen. Marion was stationed on Snow Island, South Carolina, when a young officer of the British army visited him to treat respecting prisoners. He was led blindfolded to the camp of Marion. There he first saw the diminutive form of the great partisan leader, and around him, in groups, were his followers, lounging beneath magnificent trees draped with moss. When their business was concluded, Marion invited the young Briton to dine with him. He remained, and to his utter astonishment he saw some roasted potatoes brought forward on a piece of bark, of which the

general partook freely, and invited his guest to do the same. 'Surely, general,' said the officer, 'this cannot be your ordinary fare?' 'Indeed, it is,' replied Marion, 'and we are fortunate on this occasion, entertaining company, to have more than our usual allowance.' It is related that the young officer gave up his commission on his return, declaring that such a people could not, and ought not, to be subdued."

The relatives of the potato also might have a place in this lesson. Some pupils may have noticed the similarity of the leaves and blossoms of the potato and those of the tomato. There is a marked difference, however, between the green potato balls and the big attrac'ive tomatoes. Surely a plant bearing such fine fruit may be excused, if it does not produce more food under ground, as the potato does. The eggplant is another relative.

This, also, would be a suitable time to tell about canning clubs, if they have not been introduced in the vicinity, and several Farmers' Bulletins give much interesting data about them.

The method of cultivating the potato, perhaps, is too old a story to demand much attention at this time, but the figures of local record crops per acre may be put on the blackboard and the approximate amount used in the country, and anything that will emphasize the importance of the crops.

Facts of this sort and much more of interest will be found in Farmers' Bulletin No. 295, "Potatoes and Other Root Crops as Food," by C. F. Langworthy.

Any school ready to give time to some study of foods is justified in asking for these helpful bulletins from the congressman of the district. Sometimes several copies of each number may be secured, and used for supplementary reading lessons.

Baked potatoes are possible with little more in the way of utensils than the usual country schoolhouse affords. Each pupil can provide one or two potatoes, and here, as with the apples, is an opportunity for an observation lesson, the correct naming of varieties, the selection of those most desirable for food, and the sorting for different methods of cooking.

Thus the most perfect ones of medium size for baking, the largest ones for steaming, the imperfect to be pared before cooking, etc., etc.

The pocket knives of the boys will serve to trim and scrape those potatoes that need it, and the school water supply is ample to remove the earth.

A wood heater in the schoolroom, probably, will afford some opportunity to bake part of the potatoes in the ashes. By frequent turning the same result may be reached on top of the stove. More even cooking will be secured, if it is possible to have an asbestos mat on top of the stove on which to put the potatoes and then cover them with a worn-out tin pan, too far gone to be harmed by such treatment. Sometimes a few nails or pieces of wire under the potatoes will serve to raise them from the hot surface of the stove enough to prevent burning, if an asbestos mat is not available. Part white and part sweet potatoes may be used. Meantime there may be a discussion of over baking; best position in the oven; how long time required; how to know when the potato is done; how to keep it in good condition if cooked too soon; what to eat with it and why.

A grater may be used to show something of the composition of the potato. A pared potato should be grated into a piece of cheesecloth a foot square, spread over a deep saucer. Gather the corners of the cloth together and press out the watery juice. This may be turned into a tumbler, and shortly a line of white, solid material will settle. Note the proportion of water, two-thirds to three-fourths of the bulk of the potato in all, since more water remains in the cloth and its contents.

Next water may be added to wash more of the white substance out of the grated

potato, and this may be combined with that which was in the juice. While all is settling, notice the fibrous particles in which the grater divided the potato. It is this substance that will be softened or separated by cooking, and thus made more palatable and digestible.

Next pour off all water and mix the mass of white material with hot water in a dipper or saucepan, and let it cook on the stove a minute or two until it thickens.

Who can tell, from its resemblance to anything seen at home, what this may be? Some one will recognize starch. If it is possible to have several pupils extract starch, part of it may be dried. Note the white powder left on knives, etc., as water evaporates after cutting potatoes.

Meantime some slices of potato should be examined, holding between the eye and the light, to show the difference in texture in different parts of the potato.

Cut potatoes or slices may be exposed to the air to show discoloration. A few potatoes may be left to sprout; weigh them first, and again after the sprouts are removed.

If it is desired to serve a hot potato luncheon more than one day, the baked potatoes may come one day, and a potato stew or chowder at another time.

## Potato Chowder

Pare potatoes, cut in thick slices or half-inch cubes. Cover with cold water, while getting other things ready. Cut a piece of fat salt pork in thin slices and cook crisp in the bottom of a kettle, then take out the pork, leaving the clear fat. Into this slice some onion, put the potato on top, and barely cover with water. When the potatoes are nearly soft, in ten to fifteen minutes, add the same measure of good milk as of the potatoes. Let this get hot and season with salt, pepper and butter, and serve at once with crackers.

No definite quantities are given for this dish, purposely. Let the young cooks make their own recipe, learn to use what they have, and "season to taste." Then, afterward, a recipe based on experience may be written on the blackboard, and variation suggested. Other vegetables, like parsnips or sweet corn, could be used in the same way.

## Baked Potatoes

Choose smooth, medium-sized potatoes, scrub well, bake in a hot oven thirty to forty-five minutes. When soft, crack the skin to let out part of the steam, and serve as soon as possible.

## Stuffed Potatoes

Bake, cut off the ends, scoop out inside, mash, season highly, moisten with cream, fill the skins again, put back in the oven five minutes. Grated cheese or chopped meat or beaten egg may be added to the hot mashed potato before filling the skins.

## Potato Canoes

When the potatoes are cut lengthwise, before stuffing, they may be made to look like little boats or canoes.

## For Boiling

Wash and pare, if not perfect or if old. To prevent discoloring, cover with cold water until time to boil them. Then cover with boiling water, add salt, cook till soft twenty to thirty minutes, drain, and shake to let the steam escape, serve.

## Mashed Potatoes

Put through the ricer, or mash in a hot pan. To each pint of potatoes add one tablespoonful of butter, a little salt, a speck of pepper, and from one-fourth to one-half cup of hot milk.

## Potato Salad

One pint of hot potato cut in cubes or slices, mix with about one-half cup of salad dressing. Serve on lettuce leaves, garnish with beet pickles or hard-boiled eggs. Serve cold.

Almost any other vegetable may be used in much the same way for soups, salads, croquettes, etc.

# The Story of Coffee

By Carl Holliday

Dean of Toledo University

NOW that alcoholic drinks are under the ban, doubtless Americans will consume more coffee than ever before, and there may even be a revival of the old-time coffee-houses. Three hundred and sixty-five years ago, this autumn, the first coffee-house in the world was opened at Constantinople, and two hundred and seventy years ago the first English coffee-house sent forth its aroma at Oxford. And yet, in the brief space of three centuries, how the coffee-drinking habit has spread! The whole world drinks it now — enormous quantities of it. The year before the Great War, Germany, supposedly a land devoted to beer, drank, as merely an *extra* beverage, 412,000,000 pounds of coffee; while France, which every American soldier knows is the home of *vin rouge*, consumed in the coal-black form that a Frenchman loves, over 220,000,000 pounds. But the United States surpassed them all, as usual, by gulping down, in true American fashion, nearly 990,000,000 pounds.

For, at least, a half-century, however, the habit had a struggle for existence. It seems that the custom of using the beverage had its origin in Abyssinia. About 1500 a Mufti of Aden, named Gemaledie, requested those fanatic churchmen of the East, the dervishes, to drink it in order that they might not relax in the long and weird ceremonies of their faith. The dervishes took to it like a cat to cream, and recommended the concoction so heartily and widely that, within a decade, the habit had spread to Mecca and Cairo. In fact, it grew so dangerously popular that in 1511 an assembly of Mohammedan theologians condemned it on the ground that it led to intoxication, and was, therefore, contrary to the Koran.

But these wise guardians of the faith struck a snag. The Sultan of Egypt had become a "coffee-fiend," and when he called together another council of theologians, these gentlemen knew exactly what to do. They recommended coffee as a gift from Allah. And the people gladly accepted Allah's gift; everybody wanted a cup. Thus it happened that some enterprising Turk opened the world's first coffee-house in Constantinople in the fall of 1554.

Evidently, however, these resorts became entirely too popular, for the riff-raff of the town as well as the Four Hundred congregated in them, and loud was the cry of the Mohammedan churchmen against the places. Late in the sixteenth century the theologians once more demanded the extermination of the beverage, because the Koran condemned the use of "coal"! This proves that the Turks took theirs black. The Mufti of Constantinople saw the logic of the theologians' argument, and closed every shop and hotel dispensing coffee.

What happened? The Mufti promptly lost his job, and his successor declared that coffee, if not roasted *black*, was certainly not coal, and, therefore, the drinking of coffee made from good brown berries was not contrary to the Koran. It reminds one of the modern argument as to whether "2.75 per cent" beer is beer and, therefore, illegal.

Up the coast of Europe the rich odor of the coffee-pot crept, and the English sniffed it from afar and with relish. It was being served in London inns in Shakespeare's time, not in cups, but in shallow bowls; so that one long asked for a "dish" of coffee. Evidently the students at Oxford University needed something to stimulate them in their studies;

*Concluded on page 302*

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Notary Public


## Our Prayer

Lord God above, we offer thanks to thee
On this Thanksgiving Day for all the glad,
Good things of life! If some are sad —
Bless them, we pray, unstintingly.
Protect us by thy might and make us see
The Beacon Light of RIGHT at all times. Add
Thou consistency and judgment clad
With kindliness to all; this is our plea!
Our hearts in unison are joined today
In singing hymns of joyousness and praise
That, 'neath the sky of turbulent dismay,
Thy spirit struggles on through all the maze
And bids us stem the tide. Bids us obey
The dictates of our conscience constantly!

— *Caroline L. Sumner.*

## AMERICAN COOKERY

IF housekeepers did but know it, they want AMERICAN COOKERY in their homes. It is the most interesting, the most reliable and helpful publication of its kind in print. It appeals directly to teachers, pupils of domestic science, and housekeepers, and to no one else. It has nothing to do with millinery, lingerie, or fashions, but deals exclusively with cookery and household economics. Its advertising pages are in perfect keeping and harmony with its text. Every page of this publication bears something on it of interest to housekeepers.

The October number was regarded as exceptionally fine. This November number is better, and the December number will be better still. In these times, do not overlook the significance and importance of AMERICAN COOKERY in the home; it is a friend, indeed, in time of need.

## OUR PRINCIPLES

AMERICAN COOKERY stands for law, order, and justice first, last, and always. We say this because so many people, it seems, are manifestly not standing up boldly for law, order, and justice at all. Even our public press seems waiting to catch the popular current, in the course of events. If ever there was a time when strikes were out of order, it is the present. What do the strikers of today want? The organizers and leaders of strikes are advocating the breaking of contracts, the violation of law, and the subversion of all government. Who is paying these professional organizers for their malicious and seditious efforts? If our laws are unfair or unjust, why do not the people see to it, through their chosen representatives in legislative halls, that laws be enacted that are just and fair? We have a constitution to which we have sworn allegiance; but who is paying any heed to the constitution in these days? We believe in the maintenance of our laws as they now stand on the statute books and in chang-

ing the old order for a new only after mature thought and deliberation. Haste makes waste in more than one line of action.

## A POINT OF VIEW

TO reduce the cost of living, the *sine qua non* to everybody's happiness, we began wrong. We began by granting an increase in wages to labor, the most unwise, imprudent step that possibly could have been taken.

Obviously, in order to pay even interest on our indebtedness and other expenses, and at the same time resume anything like normal conditions of living, every man, woman, and child in the United States must sacrifice something, somehow. Who shall be exempt? As a beginning, in every occupation and industry a reduction in price of labor should be made from top to bottom of the list. The tax gatherers are looking pretty well after the top already. Right here, *i. e.*, at the point of wages, must the reform begin. To advocate a rise in price of anything, anywhere, at this time, should be regarded as criminal.

"First of all the American people should stop, look, and lessen its extravagance."

## GERMAN LABOR'S TEN-HOUR DAY

FROM German workmen comes the demand for a longer day. Elsewhere in the world labor shortens the hours of toil and cripples production by strikes. Not unanimous is the cry in Germany for more labor and consequently more production, but the demand is backed by numbers large enough to give it real significance. German toilers are beginning to see that the way to prosperity lies along the hard path of serious work, that not more leisure but more labor is the world's great need. The world at large may well consider this token of the German workman's grip upon the present critical situation. Certainly the nation that first resumes hard and patient productive toil will gain a position of vast advantage in the coming struggle for trade and the prosperity that trade brings.— *The Boston Herald.*

Certainly the German is shrewd; he has been, also, well trained and disciplined. It is said the Germans know how to strike orderly. They destroy neither their own property nor that of others. We must look well to our ways or the Germans will come out of the late world-conflict right where they entered into it — leaders in industrial and commercial enterprises.

## FALLACIES

"THE world owes me a living." No greater fallacy than this can be entertained. The world owes no man a living unless he has earned it and deserves it. In a sense, Nature is kind to man, but her laws are infallible and inexorable. Far truer than the foregoing sentiment is the old saying, "God helps him who helps himself." The only way out of the present condition of affairs is for people everywhere to settle down to steady occupation in every kind of productive industry.

"People who continue to believe that there is a bag of gold at the end of the rainbow are largely responsible for industrial and social unrest in America and other countries," Secretary Lane declares.

"These folks won't take the word of experienced men all down the road of history that there is no magical way to happiness. Work alone finds the way. Work is the salvation materially, and spiritually.

"Our war morale has not been maintained. We have not the unity of purpose that prevailed then. We lack a common purpose, we Americans, though we are just as loyal, just as idealistic.

"We can adopt an aggressive, constructive program for America. Let us all work to make this country a better place in which to live, not by selfish enterprise, but by co-operation. That is our ideal. Let us live up to it."

## "KEEP ON KEEPING ON"

A CERTAIN old state-of-Maine man, who used to be a deep-water sailor, but is now snug as the caretaker of a Boston property, is much prized by the manager of the establishment because of his sage remarks. Not long since, conditions forced the manager to curtail activities, but he kept his concern going. Thereupon the old sailor man slyly said: "I see, sir; you're jest givin' 'er steerage way. There's no headin' of 'er elsewise. She'd jest drift the devil's own way, if you didn't keep on keepin' on."

This quaint philosophy is worthy of public inscription. For men, as for vessels, drifting is the sure result if one does not "keep on keeping on," even when conditions are such that it is not possible to make much headway. And drifting, as the veteran seaman well knew, is the way to danger sooner or later. What business man of experience doesn't understand this?

Many a man and woman has occasion in the present strained conditions of common life to feel like giving up at times. Business men are often near their wit's end because of the rampant uncertainties encountered in purchase and sale and employed service. Home-making women are vexed and well-nigh baffled by the cost of necessary supplies, worn out by the scarcity of household help and the almost prohibitive wages demanded, exasperated by the incompetence or high-headedness of the help they obtain. Salaried people, with everything going up but their earnings, often feel as if they faced a blank wall which needs no lettered "Stop" to interpret its meaning for them. Perplexity, disheartenment, weakening of purpose and effort, despairing action of one sort or another — these are the steps of descent to the inferno of giving up, which not a few are tempted to tread, in days like these.

To rally yourself against the folly of yielding, make "keep on keeping on" your instant and constant watchword. That simplifies and makes distinct the first essential for being ready to seize the chance in any turn for the better when it comes — and it will come sooner or later. Next, banish bitterness; keep sweet; spurn self-pity. How? An eminent public man tells this story. A poor and hard-pressed woman, known to him, happened to get hold of a certain famous book and said of it: "I read that book, and I saw there was something going on of which I was a little part, and it has taken all the kick out of me."

Protest and resistance have their rightful place, of course, when things are going wrong. But the kicking mood is hard on one's vitality. Settled embittering is like short-circuiting — it may make quite a show of energy, but will soon run down the battery and leave the motor "dead." To see somehow that there is something going on that is larger than yourself or your immediate advantage — as there is undoubtedly, in the present turmoil of everyday affairs — to realize that you are but sharing what almost everybody is undergoing, to feel that you may be a part of "the host that heeds not hurt nor scar" which will win out in the present struggle — this will go far toward "taking the kick out of you," and sparing you much waste of your powers.

"The world is wide,
Both time and tide,
And God is guide —
Then do not hurry.
That man is blest,
Who does his best,
And leaves the rest —
Then do not worry."

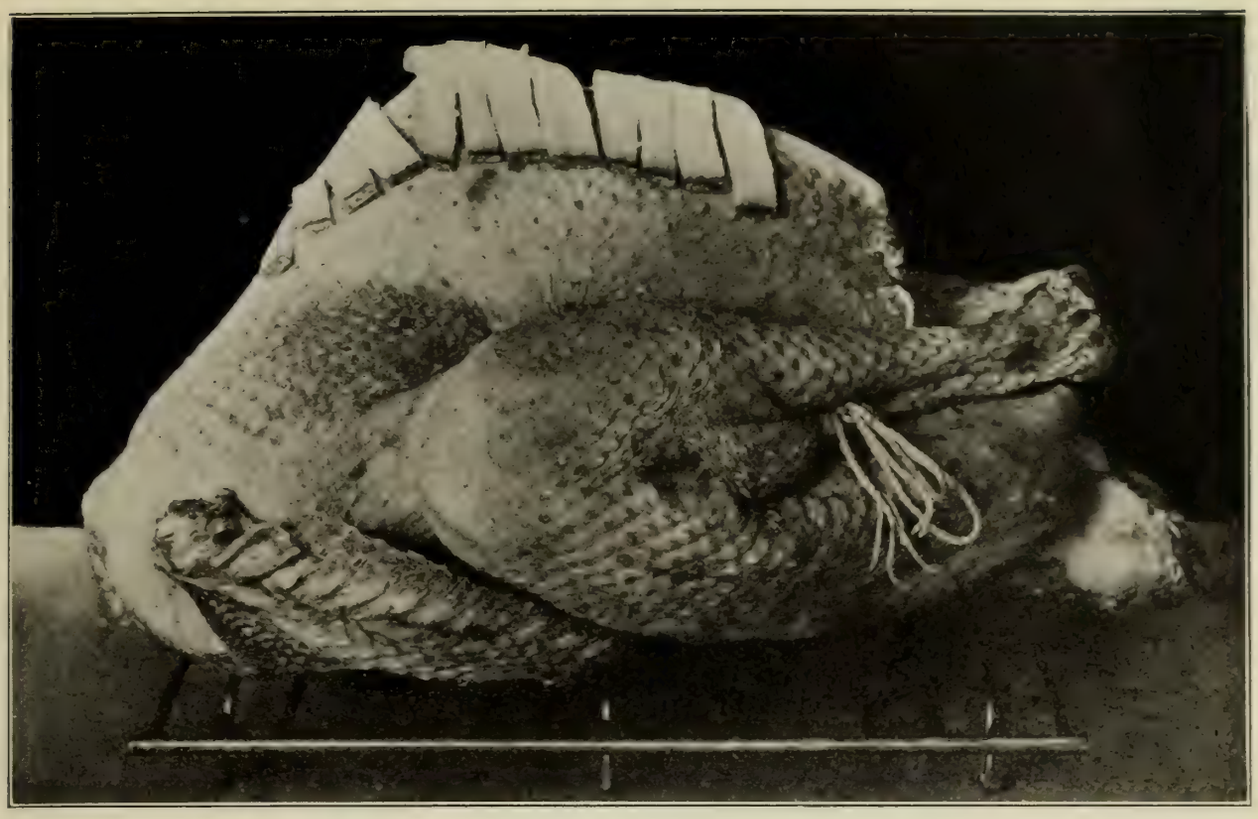
— *The Religious Editor in Boston Herald*

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To save money by going without necessities is bad economy, but to waste anything lessens your wealth, the wealth of your country, and the wealth of the world.

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Thrift is steady earning, wise spending, sane saving, careful investing, and the avoidance of all waste.



TURKEY READY FOR THE OVEN

# Seasonable-and-Tested Recipes

## By Janet M. Hill and Wealtha A. Wilson

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

### Roasting Poultry and Birds

WHEN poultry, birds, etc., have been cleaned and trussed ready for cooking, cover the breast with thin slices of salt pork, or bacon, scored lightly; fasten these in place with skewers or strings and set on a rack in a baking pan, a little larger than the object. The rack should be smaller than the pan, to admit of free use of a spoon in basting. The "heat indicator" should point to the center of the dial. If necessary to avoid burning, let the pan rest on a grate. Turn the object often that it may be seared over uniformly. It will take from fifteen to thirty minutes to sear over a turkey, and other objects accordingly. When this is accomplished, close damper, add a little hot water and dripping to the pan, and reduce the temperature as soon as possible to that of ordinary baking. Baste every ten minutes, dredging with flour after each basting. When the joints separate easily, the cooking is completed. (It will take three hours to roast a ten-pound turkey.) Just before this condition is reached, remove the pork from the breast, baste with a little butter melted in hot water, and return to the oven for the final browning; baste several times, or until the desired color is attained. For best results, use no hot water, in basting; use fat only.

### Bread Stuffing for Chickens and Turkeys

- 2 cups soft bread crumbs
- ½ cup butter, melted
- ¼ teaspoonful salt
- ¼ teaspoonful pepper
- ½ teaspoonful powdered sweet herbs or spiced poultry seasoning
- 1 beaten egg

Mix the ingredients together thoroughly. The bread should be twenty-

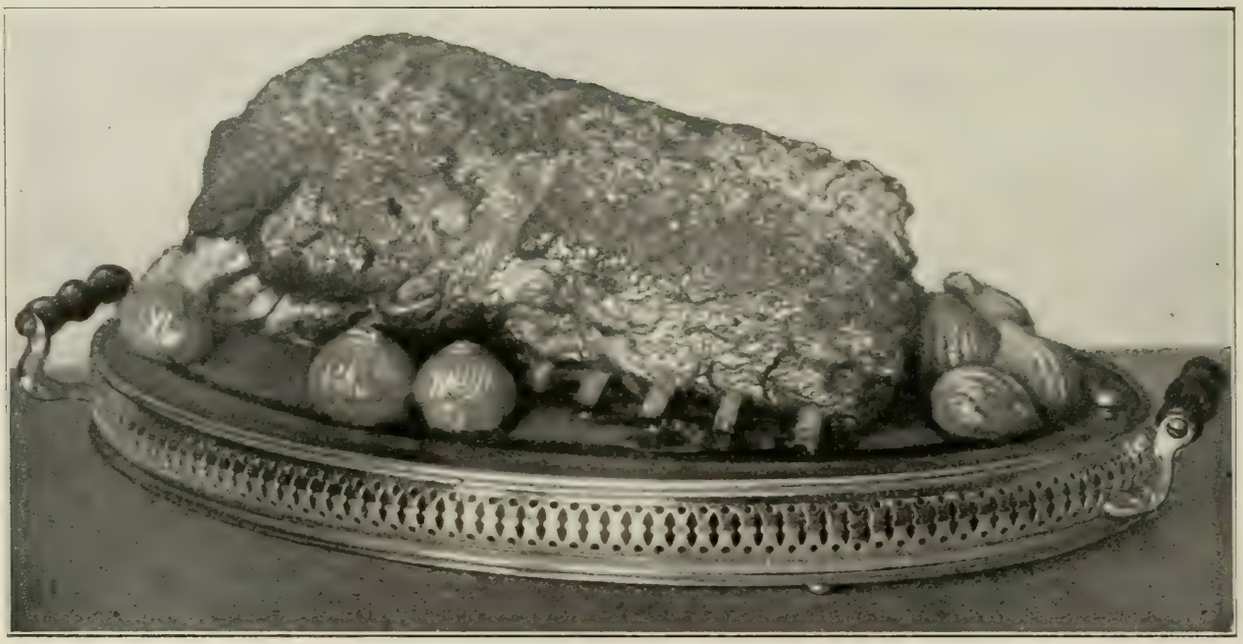
four hours old and taken from the center of the loaf. Exact quantities of seasoning are given, but this is a matter of individual taste. At least twice the amount of ingredients given in the recipe will be needed for a nine or ten pound turkey. The egg may be omitted, if the dressing is to be eaten hot; a cold dressing will slice better, if the egg be used. Cracker crumbs give a drier stuffing.

## Scalloped Pork Tenderloin

Select medium-sized tenderloins. Wipe with a soft cloth dipped in weak salt and water. Split the meat lengthwise, making a slight incision with a sharp knife, and then pulling the muscle apart until almost split in two. If the family is a small one, cut the split tenderloin straight across the center and place one-half, split side up, on a buttered baking tin. Sprinkle with salt and pepper and cover with several layers of onion sliced thin. Season the onion and cover with cracker, broken into rather fine pieces. On top of this place the second piece of tenderloin. Season as before, and cover with a thick layer of onion. Season and cover with cracker crumbs, using a little more than before. Drop water very carefully on this layer in order to moisten the crumbs thoroughly without displacing them. Drop a few pieces of butter on top and pour a cup of water in the pan. Bake in a moderate oven about three-quarters of an hour. If the family is larger, make the layers of whole tenderloins, split as directed. It is very convenient to pare potatoes and split lengthwise, placing them in the pan with the meat.

## Pork Tenderloin, French Style

Wipe the tenderloin carefully, and, with a sharp knife, cut into slices about an inch thick across the tenderloin. Shape the thin pointed ends into rounds, also. Pound each slice lightly to flatten it. Season with salt and pepper and roll well in flour. Have ready lard or other fat, and when just ready to smoke,



PORK TENDERLOIN WITH ONIONS

drop in the meat. Turn it almost at once in order to form a slight crust on both sides. Lower the temperature and continue cooking slowly twenty minutes. Pour off the fat, except about two tablespoonfuls, and drop into the pan three tablespoonfuls of flour with a pinch of salt. Lift the meat to a hot dish and stir the flour and fat well. As soon as the flour is a golden brown, add milk and stir vigorously to keep the gravy smooth. Keep adding milk until the gravy is a trifle thin. Cook till reduced enough and then pour around the meat.

## Stuffed Pork Tenderloin

Split the tenderloin as directed for Scalloped Tenderloin. Make a dressing



MACARONI-AND-CHICKEN PUDDING

of dry bread, chopped rather fine, and seasoned with salt, pepper and other seasoning liked. A tiny pinch of marjorum and summer savory with a few drops of onion juice, will give zest to the dressing. Pour water on the bread very carefully, in order to moisten it very slightly. The juice of the meat will make the dressing just right, if it is not made wet with the water. Some cooks pour water on the bread and then squeeze it as dry as possible, but even this may make the bread too wet. Spread the dressing on the split side of the meat, remembering that it swells in cooking. Arrange it in even thickness the entire length. Place a second tenderloin, split side down, directly over the dressing. Sew the edges together with coarse thread. Place in a buttered pan with a cup of warm water and bake in a moderate oven about three-quarters of an hour, lowering the heat after the first twenty minutes. Put a few bits of butter in the pan, also salt and pepper and baste frequently. If only one tenderloin be used, fold the split edges together and fasten.

## Broiled Pork Tenderloin

Split the tenderloin in two and broil under a flame that is hot at first to sear the surface and preserve the juice. Reduce the heat and when the meat is quite puffed, and nicely browned, remove to a hot dish, season with pepper and salt and bits of butter. All pork should be well done, but too long cooking is almost as bad as undercooking, for it dries the meat and destroys its delicate flavor. After searing, the cooking should be at a gentle, moderate heat.



FILET OF BEEF WITH FRIED BANANAS

## Roast Venison, Virginia Style

Let the haunch hang for a week in a cold place. The day before it is to be used wash in warm vinegar and water, and then rub with butter to soften the skin. Cover the top and sides with well-greased paper and over this put a half-inch layer of flour and water mixed to a paste. Over this put another layer of greased paper. The next day put into the roasting pan, allowing three hours for cooking a twelve-pound roast. Put one pint of water in the pan and cover close with another pan. The oven should be hot. At the end of an hour baste well. Half an hour before serving time remove the papers and baste thoroughly with a cup of cider and a spoonful of melted butter. Dredge with flour and return to the oven. Repeat the basting four times. The oven should be hot enough to brown the meat nicely. Remove to a hot dish and put in a warming oven. Remove the fat from the gravy, and set the pan on top of the stove; add a tablespoonful of flour and stir till well browned. Add a glass of cider, half a teaspoonful of salt and a sprinkle of pepper. Stir well, add half a small glass of currant jelly, and when melted strain into a gravy boat.

## Almond Stuffing for Turkey or Chicken

Use only the white crumbs well dried. For three-fourths a pound allow six tablespoonfuls of butter. Melt the butter after measuring, and toss the crumbs in, stirring until all have taken up some of the butter. Blanch one-fourth a pound of sweet almonds, weighed after the shells are removed. Chop rather fine and then pound to a paste, adding white of egg as needed to keep the paste from becoming oily. Beat the yolks of three eggs well; add half a cup of cream. Beat again and add a pinch of nutmeg, half a teaspoonful of salt, the bread crumbs, alternating with the almonds. Beat the whites of eggs till stiff and fold into the mixture. Do not press too close when stuffing the fowl. Any dressing left over may be shaped into a little loaf and baked in the pan with the roast.

## Macaroni-and-Chicken Pudding

Break the sticks of macaroni in a half-pound package into thirds. Put into boiling, salted water and keep boiling for half an hour or longer, if the sticks were very dry. Chop one-half pound of best boned chicken into fine bits; add two ounces of blanched almonds, chopped fine, one-fourth pound of moderately sharp cheese, grated or diced very fine. Mix all together. Beat two eggs till light; add two tablespoonfuls of cream or chicken broth, one-fourth teaspoonful of salt and a very small pinch of nutmeg. Add this to the macaroni mixture. Have ready a mold perfectly smooth inside and free from fancy indentations. Butter the inside generously and fill with the pudding mixture to about three-fourths of the



NUTTED CREAM

capacity of the mold. Butter the cover and put in place. Put the mold in boiling water or in a steamer and keep the water boiling for two hours. Remove the cover to the mold, invert the dish from which the pudding is to be served, place it over the mold, hold the two firmly together, invert the dish and let remain for a few moments before lifting the mold. Have ready a delicately flavored tomato sauce and pour this around, not over, the pudding. This dish is easily within the possibilities of kitchenette housekeeping, and the tomato sauce can be evolved very easily from a can of excellent tomato soup.

## Cranberry Sauce

Wash the berries and remove all stems, leaves and imperfect berries. By using a deep saucepan rather than a shallow one it will not be necessary to use so much water to start the cooking, and the less water one uses the better will be the sauce. As a rule there should be about one-eighth as much water, by measure, as berries. For a quart of berries put a scant half-cup of water into the pan, add the berries and as soon as they begin to soften, add one-fourth a teaspoonful of baking soda. Stir well and remove all the froth that rises to the top. Continue cooking until the berries are thoroughly softened. Press through a sieve and throw away the thick skins that will not pass through. Return the pulp to the clean pan, add two cups of sugar, cook till the sugar is melted and turn into the dish from which the sauce is to be served. When cool, cover to prevent the formation of a thick skin.

## Nutted Cream

Soak a quarter box of gelatine in one-half cup of cold water until softened. Whip stiff three cups of heavy cream in a bowl standing in a pan of ice-water, and mix into this one-third cup of chopped nuts, three-quarters of a cup of powdered sugar, and one teaspoonful of vanilla. Add to the hydrated gelatine one-fourth cup of hot water, and dissolve by standing in a bowl of hot water. Pour the dissolved gelatine over the cream, and stir until the whole is well mixed and the mixture has begun to thicken slightly. Pour into a mold; turn out when ready to serve, and sprinkle all over with chopped nuts.



BREAKFAST PUFFBALLS

## Breakfast Puffballs

Sift with one pint of flour two teaspoonfuls of baking powder and one teaspoonful of salt, also one-half grated nutmeg. Add one-half cup of sugar, one cup of milk, and two eggs, unbeaten. Beat all together until very light, and drop, a tablespoonful at a time, into deep fat. For the best results, the batter should be stiff enough to hold a spoon upright, and enough flour should be added until this result has been gained. The puffs should be eaten warm for breakfast.

## Brazilian Salad

2 cups boiled Lima beans
1 cup raw celery
1 cup raw sweet green peppers



BRAZILIAN SALAD

Cut celery and peppers in strips the size of small matches. Mix vegetables with French dressing. Sprinkle with chopped parsley. Peanut oil substituted for olive oil in the French dressing gives an agreeable flavor.

## Cranberry Jelly

The addition of a little softened gelatine to the sauce just as the sugar is added, and heating until the gelatine is dissolved, will give a very pretty mold of cranberry jelly. If one happens to have pretty individual molds, holding about half a cup, the jelly can be unmolded, just before dinner is announced, and the serving question will be simplified at the same time that dainty service is secured. Prettiest of all is a mold in which a generous portion of MacLaren's Imperial Jelly Powder is used. If one takes the trouble to do double molding, a very handsome effect can be attained by using the cranberry jelly as the center with a thin coating of the gelatine. In that case, of course, the gelatine mixture would not be heated with the berries, but kept in a separate vessel. If double molding be not attempted, the jelly powder may be dropped into the hot sauce, allowing the proper amount of liquid.

## Creamed Artichokes

Pare Jerusalem artichokes, cut into even-sized pieces, and throw into water, to which has been added a little vinegar or lemon juice. Have ready boiling, salted water and cook the artichokes in this till tender, allowing the same time as for potatoes. Make a delicate white sauce and in this place the drained vegetables.

## Browned Chestnuts

Use large Italian chestnuts. With a sharp knife make two incisions at right angles to each other through the shell on one side of each nut. Cover with boiling water and let cook for half an hour. Drain and keep hot while removing the shell and thin skin from each nut. Put into hot fat and sauté till nicely browned. Turn often. Drain on soft paper and sprinkle lightly with salt.



MATERIALS FOR HARLEQUIN JELLY

## Harlequin Jelly

4 quarts Baldwin apples
1 quart cranberries
4 quinces

Remove stem and blossom ends of quinces and apples and cut in quarters. Put in a preserving kettle with cranberries. Add cold water to come nearly to top of fruit. Cook slowly until soft.

Drain through a jelly bag. Boil juice twenty minutes; add equal quantity of heated sugar; boil until a little jellies on a cold plate (this will occur quickly). Store in glasses.

## Coffee Rolls

| | |
|---|---|
| 1 cup scalded-and-cooled milk | ½ cup sugar |
| 2 yeast cakes | ⅔ cup eggs |
| ⅓ cup softened butter | 4⅔ cups bread flour |
| | 1 teaspoonful salt |

Put all together in a bowl and mix thoroughly ten minutes. Cover, set aside in a warm place for six hours. Set in ice-box until next day. Roll out in a sheet one-fourth an inch thick, spread thin with creamed butter, and fold from side toward middle to make three layers. Cut off pieces three-fourths an inch wide, cover and let rise. (This recipe should make twenty-four of these pieces); when light, twist ends in opposite directions, coil and bring ends together. When light bake twenty minutes in a moderate oven. Frost with confectioner's frosting.

## Italian Cake

Beat three ounces of butter and three of sugar together until well creamed; add one-half teaspoonful of any desired flavoring extract, then add three eggs, unbeaten, one at a time, beating in each one before adding the next. Continue beating after the last egg has been added until the mixture is perfectly smooth and free from grain. Lastly, stir in very lightly three ounces of pastry flour, sifted twice. Bake in a loaf cake pan in a moderate oven for forty minutes. The very fine flavor of this cake depends on correct manipulation.



COFFEE ROLLS

## Rich Rice Pudding

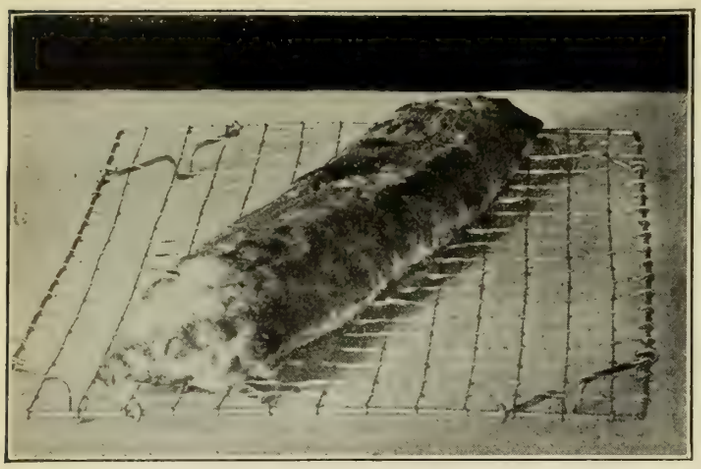
Thoroughly wash half a cup of rice, soak over night in slightly salted water; drain, add one cup of milk, and cook, closely covered, in a moderate oven. Add to one pint of cream the yolks of four eggs, well beaten with half a cup of sugar, and stir into the cooked rice. Let bake, still covered, until custard is set, then make a meringue of the whites of the eggs, pile it on top, and brown slightly.

## Almond Sponge Cake

Blanch and pound in a mortar one ounce of sweet and one ounce of bitter almonds. This should be done by pounding the nuts one or two at a time, adding a few drops of water or a small



ALMOND SPONGE CAKE



APPLE ROLL

bit of white of egg to prevent the nuts from "boiling." They should be a smooth paste. Beat this into the yolks of five eggs, alternately, with one cup of powdered sugar. Then add one cup of flour, sifted with two teaspoonfuls of baking powder. Lastly, beat in the stiff-beaten whites of the eggs. Bake as for angel cake.

## Raised Potato Cakes

Mix one pint of mashed potatoes with one pint of flour, sifted with one-half teaspoonful of salt. Add milk enough to make a batter thick enough for griddle cakes, and two tablespoonfuls of melted butter. Blend one-half yeast cake with two tablespoonfuls of water and one-quarter teaspoonful of baking soda, and beat into batter. Let rise until light and full of bubbles, then bake in greased muffin rings.

This is good to serve with roast lamb, game, or fricasséed chicken. The cakes should be taken from the tins and dropped into gravy before sending to table.

## Apple Roll

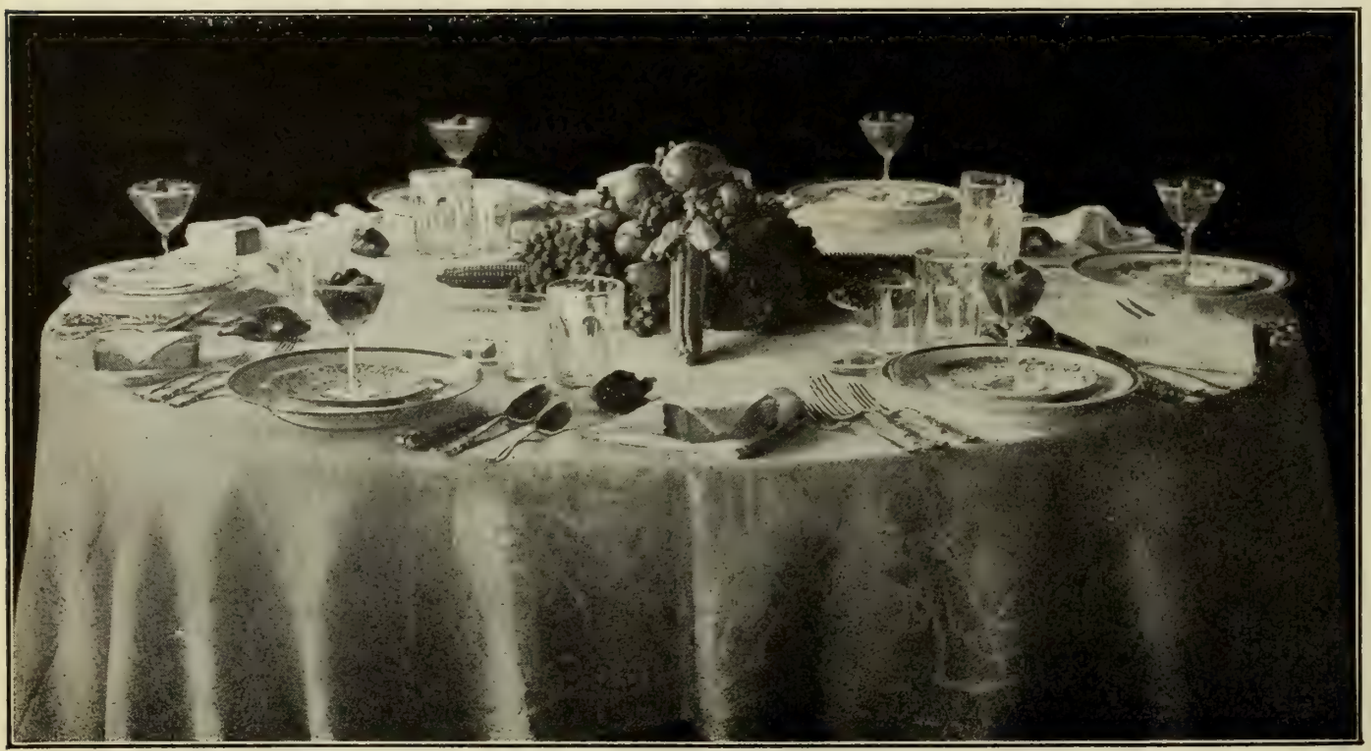
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| 1½ cups flour | 5 apples |
| ⅓ cup lard | ½ cup sugar |
| 1 teaspoonful salt | ½ teaspoonful nutmeg |

2 tablespoonfuls butter

Mix first three ingredients; add water to make paste of right consistency to roll. Set in ice-box for twenty-four hours. Roll into a sheet one-eighth an inch thick; dot with butter, and spread with apples, sugar and nutmeg. Roll like a jelly-roll and bake. To serve, slice across and add pudding sauce.

## Quick Puff Paste

Sift, twice, one quart of flour, two teaspoonfuls of baking powder, and one teaspoonful of salt. Rub into this one cup of lard until quite smooth. Mix one beaten egg-white with one-half cup of ice water, and add to flour mixture to make a very stiff dough. Roll thin, and spread with one-fourth a cup of softened butter. Sprinkle with a little flour, roll up like a



A THANKSGIVING DINNER TABLE, CENTERPIECE OF FRUIT

jelly-roll, double the ends towards the center, flatten, and roll thin again. Spread as before with one-quarter cup of softened butter, and repeat the rolling, etc., until one cup of butter has been used. Roll, finally, to one-half inch thick, and set in cool place for an hour.

This paste is easy to make, since it can be rolled in any direction. It is so crisp and flaky that it will fly to pieces if not carefully cut after baking.

## Chicken Filets with Almond Sauce

Sprinkle two chicken filets with salt, a little pepper, and a trace of cayenne. Dip in olive oil, and cook in a hot pan until delicately brown. Add to pan one cup of equal parts of cream and white stock. When hot, thicken with two tablespoonfuls of flour rubbed to a paste, with an equal quantity of cream or olive oil. Stir until sauce boils, then add one-half cup of thin-sliced almonds.

## Sweetbreads with Orange Sauce

Cover the sweetbreads with ice water, acidulated with a tablespoonful of vinegar, and let stand one hour. Parboil for twenty minutes. Cut in cubes or slices and brown in buttered pan. Serve with the following sauce: One cup of brown stock, thickened with two tablespoonfuls of flour stirred into two tablespoonfuls of melted butter. Add to this one-half tablespoonful of very fine-cut yellow rind of orange, one tablespoonful of orange juice, one tablespoonful of orange marmalade. Let all boil together, and pour over sweetbreads.

## Deviled Tomatoes

Cut into thick slices from four to six tomatoes, dredge with flour, and sauté on pan in hot butter. Serve with one tablespoonful of the following mixture on each: Cream together one tablespoonful of butter, one teaspoonful of powdered sugar, two of dry mustard, and a dash of salt, a sprinkle of cayenne, and the hard-boiled yolk of one egg. Add to this mixture two tablespoonfuls, each, of chopped green pepper, of fine-chopped parsley, and of scraped onion. Moisten with a tablespoonful or less of vinegar, slightly warm in the pan, and serve on the tomatoes. The sauce should be rather thick and stiff.

## String Beans, French Style

Use either canned or fresh beans. If the canned are used, heat thoroughly and drain very dry. Melt a tablespoonful of sweet lard and add a half a clove of garlic cut into as thin slices as possible. Cook, without browning, five minutes, and then remove from the fat. Add a heaping tablespoonful of parsley, minced very fine. Turn the beans into the fat and stir well, mixing thoroughly with the fat and parsley.

## Currant Jelly Sauce for Game

Slice one onion, and cook in three tablespoonfuls of butter until just brown. Add two tablespoonfuls of flour, one bay leaf, and a sprig of celery, and stir until smooth. Add one pint of good stock, simmer twenty minutes, strain, skim off fat, add one-half cup of currant jelly and stir over fire until melted.

## Olive Sauce

Cook two dozen large Queen olives in hot water for thirty minutes, pare and chop. Into a saucepan put four tablespoonfuls of butter; add four tablespoonfuls of fine-minced onion, and cook until brown. Add four tablespoonfuls of flour, one-half teaspoonful of salt, and a dash of pepper, stir together to a paste, and add one and one-half cups of brown stock. Cook, stirring constantly until the mixture boils, then stir into it the chopped olives, and serve.

This is a delicious sauce for fish, game, cold meat, etc.

# Menus for Week in November

## SUNDAY

**Breakfast**

Puffed Wheat, Top of Milk
French Omelette
Buttered Toast Marmalade
Doughnuts
Coffee Cocoa

**Dinner**

Roast Venison, Virginia Style
Sweet Pickled Prunes Currant Jelly
Baked Potatoes
Cauliflower with Melted Butter
Celery-and-Almond Salad
Apple Pie
Coffee

**Supper**

Rolled Oats Bread Tunny Fish Salad
Trifle Tea

## WEDNESDAY

**Breakfast**

Orange Juice
Scrambled Eggs
Rye Meal Biscuits
Coffee Cocoa

**Luncheon**

Pommes à l'Otero
Toasted Cheese Crackers
Piccalilli
Tea Ring, Carrot Marmalade
Tea

**Dinner**

Consomme
Roast Lamb, Brown Gravy
Spiced Grape Jelly
Boiled Hominy (Samp)
Brussels Sprouts, Buttered
Canned Strawberries
Sugar Cookies
Coffee

## MONDAY

**Breakfast**

Baked Apples, Cream
Broiled Ham
Eggs in Shell
Hot Rolls (reheated)
Coffee Cocoa

**Luncheon**

Rich Vegetable Soup
Bread Sticks
Hot Gingerbread
Tea

**Dinner**

Cream of Salsify Soup
Planked Steak
Boiled Onions Carrots Cauliflower
Browned Chestnuts
Canned Pears Sponge Cake Coffee

## THURSDAY

**Breakfast**

Grapefruit
Pan-broiled Oysters on Toast
Griddle Cakes, Maple Syrup
Coffee Cocoa

**Luncheon**

Minced Lamb on Toast
Poached Egg
Peach Shortcake
Tea

**Dinner**

Cream of Celery Soup
Chicken en Casserole
Stewed Corn with Green Peppers
Celery Ripe Olives
Café Parfait
Coffee

## TUESDAY

**Breakfast**

Philadelphia Scrapple
Fried Apples
Crusty Rolls
Coffee Cocoa

**Luncheon**

Scalloped Oysters
Baked Potatoes
Sour Pickles
Parker House Rolls
Peanut Cookies
Tea

**Dinner**

Clear Tomato Soup
Beef Filet with Vegetables
Endive Salad
One-Two-Three Dessert
Coffee

## FRIDAY

**Breakfast**

Puffed Rice, Top of Milk
Stewed Apricots
Kippered Herring, heated
Corn Meal Muffins
Coffee Cocoa

**Luncheon**

Cream of Parsnip Soup
Spinach on Toast
Egg Salad
Junket with Strawberry Preserve
Tea

**Dinner**

Fresh Codfish with Oyster Dressing
Curried Rice
Scalloped Eggplant
Celery Sour Pickles
Lemon Meringue Tarts
Coffee

## SATURDAY

**Breakfast**

Sausage
Hashed Brown Potatoes
Baking Powder Biscuits
Apple Sauce

**Luncheon**

Cream of Potato-and-Chicken Soup
Scalloped Tomatoes
Buttered Toast
Peach Whip
Tea

**Dinner**

Scalloped Pork Tenderloin
Creamed Artichokes
Kumquat-and-Grapefruit Salad
Lemon Sherbet
Sponge Cake
Coffee

# Menus for Thanksgiving Dinner without Turkey

I

Grapefruit Cocktail
Pork Tenderloin, Spiced Grape Jelly
Candied Sweet Potatoes
Creamed Jerusalem Artichokes
Brussels Sprouts, Glazed in Butter
Ripe Olives Spiced Crabs Piccalilli
Celery Glacé Tomato Salad
Pumpkin Pie Doughnuts
Raisin Pie Apples, Nuts
Sweet Cider Coffee

II

Oysters on the Half Shell
Cream of Rice Soup Cheese Puffs
Roast Chicken, Dressing
Currant Jelly
Browned Chestnuts
Asparagus, Mousseline Sauce
Braised Endive
Sweet Peach Pickles Olives
Curled Celery Salted Almonds
Pineapple-and-Marshmallow Salad
Squash Pie Nesselrode Pudding
Sweet Cider Coffee

III

(Kitchenette Housekeeping)
Oyster Cocktail
Cream of Clam Soup
Macaroni-and-Chicken Pudding, Tomato Sauce
String Beans, French Style
Celery Homemade Relishes
Olives Salted Almonds
Pumpkin Pie
Apples Nuts Raisins
Grape Juice Coffee

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# Menu for New England Thanksgiving Dinner

Oyster Cocktail or Grapefruit

Consommé

Roast Turkey, Cranberry Sauce
Mashed Potato
Mashed Turnips
Boiled Onions
Creamed Cauliflower

Olives Celery Salted Almonds
Homemade Relishes

Pineapple Sherbet

Pumpkin Pie Mince Pie

Apples Raisins Nuts

Sweet Cider Coffee



# Putting Thanks into the Thanksgiving Dinner

By Wealtha A. Wilson

BY common consent every one seems to devote himself a willing sacrifice to overeating on Thanksgiving Day. And it must be said that abstemiousness throughout the rest of the year, on the part of most people, and the spirit in which Thanksgiving fare is eaten does much to protect those who sin, dietetically. There are many who find untold comfort in eating the traditional dinner planned long ago when Thanksgiving began. This menu was probably overbalanced, from the viewpoint of the dietitians of today, but its faults were fully neutralized and the whole was given a beautiful stability by the exuberant thankfulness, which made a religious rite of the dinner. It was a pure case of the efficacy of joy and tranquillity and gratitude as a promoter of digestibility. Many, to whom tradition is something which must not be slighted, will always insist on the traditional Thanksgiving dinner. If the company be a merry one and large and meet in the true spirit, the risk to one's stomach is slight.

Of all the years since the first Thanksgiving, we in America have, probably, more cause for thankfulness this year than ever before. All our past blessings as a nation should be recalled, and likewise all the blessings brought to us by this war. Our lines have, indeed, fallen in pleasant places — how pleasant we would never have realized, even slightly, had we taken no part in the sacrifice suffered by the majority of the peoples of the earth. And, although it seems that the vacant chair is the saddest of all things at a feast, this is the time when the vacant chair should preach the art of rejoicing in the highest and finest kind of sacrifice, if that chair be vacant because its former occupant rose to the heights of patriotism and gave his all for righteousness. A whole lifetime is not long enough for returning thanks that such a life was linked with our own, and we were honored with that companionship. These thoughts should settle emphatically the troublesome question as to what one shall provide for the Thanksgiving dinner. It should be a little better than usual.

See to it that the dinner be a joyous one for everybody. But plan so that no one shall bear an unjust burden because of elaborate preparations that are beyond the capabilities of the one in charge. See to it that extravagance be ruled out completely. Extravagance is always in bad taste, no matter how large and steady may be one's bank account. An extravagant meal is rarely satisfactory. Keep the menu down to the size of the party that is being entertained. Above everything else consider the culinary staff. If, as is the case in many homes today, there be no maid, consider that fact first in planning the cooking, and next for the serving. Prepare as much as possible the day before, or even two days before. If the weather is cold, the turkey can be dressed ready for stuffing two days before Thanksgiving Day. The dressing

can be made ready for the last minute's putting together one or two days before *the* day. The cranberry sauce can be made ready and sealed weeks before. If it is to be molded, a jar of the sauce can be opened, reheated, and poured into molds for serving. Gelatine, if used, should be added at the reheating. The pumpkin for the pies can be ready for several days before it is needed, being sealed while hot and kept in a cold place. The custard can be mixed and the pies baked the day before Thanksgiving. If nuts are needed for the salad, they can be prepared days before. Almonds should be browned and salted the day before. After the turkey is in the oven, it will be a slight task to prepare the vegetables, but one should work a little ahead of the usual schedule on Thanksgiving morning, for there are sure to be interruptions. Turnip should be cooked the day before and reheated and served on the day needed. Celery should be cleaned and put to crisp in ice-water about an hour and a half before the meal is served, as it absorbs water readily and loses its delicate flavor. The table should be set as soon after the turkey is in the oven as possible. All the silver and glass should have been polished, at least, the day before. If one has a good supply, it can be put into order several days before it is needed. By polishing the silver in an aluminum bath a large quantity can be put in order in half an hour.

In these maidless days, the fireless baker and cooker should afford valuable assistance in allowing many things to be prepared ahead of time, such things, for instance, as pumpkin and turnips. The soup could be in making the day before and reheated easily, unless it happens to be a cream soup. In kitchenette cookery, the fireless may make possible a meal that carries no suggestion of scantiness.

If one has a tea-wagon, the drudgery of serving is eliminated, because both the salad and dessert courses can be in place on the trays, when dinner is announced, and brought in when needed. By having a third tray in waiting on the wagon at the end of the meat course, everything that is to be removed can be taken out on that, returning with the next tray already arranged for salad. The coffee should be measured and placed in the pot with the necessary amount of water and egg for clearing, and set on the back of the range when dinner is announced. When the salad-course is served, the coffee should be placed where it will come to the boil very slowly. When dessert is about to be served, the coffee should be allowed to boil up sharply for a second and then the pot should be set in a pan of hot water. Of course, if one has a percolator, the coffee will be in readiness for making before the meal is served. By planning carefully and sensibly, it should be possible for the hostess without a maid to serve a really elaborate meal without delay and with a charm that adds materially to the pleasure of the meal.

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## Hail, the Cranberry!

The rosy velvet of the peach's cheek,
  The purple of the plum, must fade away,
And e'en the coat of Autumn's latest pear,
  Dusk-gold and tawny-russet, must decay.

And still, no lack of appetizing sauce,
  Piquant and rich, your winter fare need show,
For then the brilliant jewel of the marsh
  Your board shall brighten with its crimson glow.

And if, perchance, your family would dine
  On dainty tart or satisfying pie,
What better filling for the same than this,
  The juiceful berry of the ruby dye?

So hail we all with joyous gratitude
  Pomona's solace for a season chill,
Fit emblem of the fireside's cosy charm
  When Winter's frosty step is at the sill!

— *Harriet Whitney Symonds.*

# Cheese

## By Hazel B. Stevens

AT our house, in the event of a sudden food emergency, — such as need for a quick supper, hurry-up picnic plans, or the unexpected coming of guests, — to the query, "What shall we fix?" some one of the family, unless some other menu is obviously available, promptly answers — "*Cheese!*" And then we laugh.

Or else somebody just goes down cellar and *gets* the cheese, without saying anything. Nobody ever bothers to ask, "*Is* there Cheese?" For there, practically, always is.

Now, I would not lead the reader to think that, as a family, we live on cheese exclusively. Or even that we eat it every day. Merely that it is a good old standby to have on hand; and perhaps not properly appreciated by all cooks. It may, on short notice, be converted into any one of a dozen appetizing concoctions. It may be the main ingredient, or a very efficient auxiliary.

Personally, I like to think that no one could happen into our house at any time of the day or night, needing food, that we could not supply that need without flurry or embarrassment, and in a way that would not suggest a makeshift, within the briefest sort of time limit. One of the reasons why we might dare make such a boast, is the fat, comfortably adequate cheese below stairs. For we buy a whole cheese at a time, and keep a standing order with a good factory for the kind of full-cream cheese, with a "bite" to it, that we particularly like. One cheese lasts us three months or over; so, you see, we don't eat it three times a day! A whole cheese keeps perfectly well for the length of time mentioned, if it is carefully wrapped, and put in a moderately cool place. Where there is a tendency to mold, the cheese may be wiped off with a cloth wrung from vinegar, and may be wrapped in a towel slightly moistened with vinegar.

It is unnecessary to state that we get better cheese, and cheaper, than if we bought it pound by pound.

The other night, an automobile load of seven accompanied us home — all of us famished — after ten o'clock at night. We had been away in the canyon for ten days, and the larder, consequently, was "empty" of perishables. We served hot cheese sandwiches, — sometimes called "Cheese Delights," — fried a golden brown; along with apricot-pineapple conserve and hot coffee. The bread we had brought with us. Counting the low bowl of nasturtiums in the center of the table, could we by long planning have thought up a simple "golden" supper that would have been prettier, or more satisfying?

To make the cheese sandwiches, press sliced cheese *firmly* between slices of bread cut not too thin; and cut the sandwiches across either in the triangular or oblong shape. I fried them, this time, in olive oil, since I had no butter. Lacking either, I could have used good clear bacon drippings.

Instead of the sandwiches, I might have served rarebit on toast, or just toasted cheese, or tomato-cheese "wiggle." Crackers would have gone as well as toast with the three above. Slices of stale bread, laid in a dripping pan and covered with thin slices of cheese, and with a half a cup of milk poured into the pan, makes a quick "oven" dish, which will be ready as soon as the cheese is melted. The milk soaks up into the bread, rendering it the consistency of custard.

Given eggs, but not bread, I should have beaten up puffy omelets, and sprinkled grated cheese generously over the top of each before I folded it, and

took it up. These, delicately brown, served with a tart red jelly, would have been a delight to the eye and to the palate. My rule is, beat whites and yolks of eggs separately, not trying to manage an omelet of more than three eggs at a time. To the yolks, add a tablespoonful of milk for each egg; and fold the yolks lightly into the whites. The secrets of a successful omelet are: to beat whites stiff, fold together lightly, and get the omelet *immediately* into the hot greased griddle.

Or a Cheese Soufflé:

| | |
|---|---|
| 2 tablespoonfuls butter | Few grains cayenne |
| 3 tablespoonfuls flour | ½ cup grated cheese |
| ½ cup scalded milk | Yolks 2 eggs |
| ½ teaspoonful salt | Whites 2 eggs |

Melt butter, add flour, and when well mixed, add scalded milk gradually. Then add salt, cayenne, and cheese, and well-beaten yolks. Cook until thick. Cut and fold in well-beaten whites and cook over boiling water fifteen minutes, without removing the cover during the fifteen minutes. Serve immediately.

For a Welsh rarebit, there are many good conventional rules. We are very fond, too, of what an English cook called the "original English" rarebit. It is no more than straight melted cheese, to which has been added a little milk, and extra salt just as it is taken up. Instead of milk, or along with it, we often add a tablespoonful of catsup, or two of chili sauce. In the out-doors, or where the odor is not objectionable, onions may be sliced thin and sautéd in bacon drippings; when the onions are cooked tender, add the cheese, and serve the dish as soon as the cheese is melted. This is piquant.

Other possibilities for my "sudden supper," granted a few cans in the store cupboard, would have been a tomato-cheese-salmon combination, cooked in the frying pan with generous seasoning of salt, pepper, and butter, and thickened — not too dry —with bread crumbs.

So much for cheese as the complete base of a meal.

We make our own pimiento cheese, at a cost of not more than a fourth what we pay by the small package amount; a comparison of ours with the commercial, from the standpoint of either looks or taste, is certainly not to the detriment of ours. Take one large can of tinned milk, one small can of pimientos, chopped fine, to one pound of cheese. Cook over hot water in a double boiler until the mixture thickens. Season with salt and paprika, just before taking off; the amount of salt depends on the saltiness of the original cheese, of course, and upon taste.

This in itself is a good base for informal luncheons. Thin bread and butter spread with it, and served with a "green salad," is delicious. Or nuts and plum, or some other tart fruit jelly served along with it, so that each person can make his own combination, is good.

For the lunch basket, sandwiches quite differently flavored may be made by combining with the pimiento cheese chopped olives, either green or ripe; chopped chive, or pepper-grass or water-cress; or any kind of chopped pickle; chopped nuts; or currant jelly may be spread in a thin layer over the cheese,— the cheese keeps the jelly from "soaking into" the bread.

"What is it that makes your salads different?" asked a guest. — I have a reputation for salads, it seems. — Of course, there are many reasons; but one of them might be given with the family chorus-word — "Cheese!"

A little crumbled cheese, not enough to be detected, gives richness and "tang" to almost any meat, fish, vegetable, or fruit salad. Grated cheese sprinkled over the top gives both color and flavor. Then there are delightful salads where the cheese is meant to be recognized: as, sliced pine-apple spread with a soft creamed cheese, and the center piled with dressing.

At some exclusive hotels noted for clever chefs of taste, they serve certain vegetable dishes under fancy names, the secret of which is — "Cheese!" The four quarters of cauliflower, — after they have been cooked in salted boiling water

until tender, and then drained,—may be fitted together in a baking-dish, the center hole filled with cheese, and a cream sauce poured around the base. Fifteen minutes in the oven will melt the cheese. Or the tender cauliflower may be arranged in layers in a casserole with bread crumbs, plenty of butter, pepper and salt, and crumbled cheese, and milk enough to moisten well. Many left-over vegetables, including string beans and potatoes, may be made equally palatable on the second day by the above method of serving. Scalloped potatoes, where the raw sliced potatoes are used, may be improved by a little crumbled cheese. Rice, in alternating layers with cheese and bits of butter, and well moistened with milk, is excellent as a vegetable.

Instead of the conventional way of serving macaroni and cheese, try pouring over the macaroni a cheese cream-sauce based on the water which you have drained off from the macaroni, thickened with flour mixed smooth with milk. This way takes less cheese, and is richer in effect, because the cheese flavor is more successfully blended throughout the macaroni. The sauce should be well salted.

Two more details about cheese—Bits of the left-overs may be never so dry, yet they may be grated and used for flavorings. There is on the market now a regular cheese-grinder. Bits of cheese may be dropped into it, and ground out as needed.

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## A Song

The wheel turns and the water falls.
  Shall we not linger here and rest?
    The sun, grown weary of the day,
  Has lit his camp fires in the west,
    And far away
A late bird calls.

The wheel turns and the slow hours fall
  From off Time's spindle. You and I,
    Shall we have woven a cloth of gold,
  To make Love brave in, ere we die
    Or grow too old
To hear him call?

The wheel turns and the water falls.
  The singing stream that knew the hill
    Leaps to the wheel, and, broken there,
  Goes coursing onwards, singing still,
    And hasting where
The deep sea calls.

The wheel stops. See, the shadows fall,
  The sleeping sun no beacon shows.
    Belov'd, we too, even as the stream,
  Have known the breaking wheel it knows;
    But holds our dream
Till Death shall call.

—*Ethel Clifford.*



# Home Ideas & Economies



**Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.**

## "Innings!"

DUNBAR gave a start and muttered, "I thought that was the dinner bell — Hope they have a good —" He paused a moment. "Who is that?" he exclaimed; "looks like the pictures of St. Peter, as I'm alive —"

"Aha, but are you?" replied the specter, advancing. "I am glad to be so easily recognized — that bell was Charon's.

"Who are you?" he asked.

"Dunbar of Norburg."

"And your age?"

"Forty-two."

St. Peter consulted his books and replied, "Why, you are not due for forty-five years yet! What hurried you on so soon?"

"Heart failure," Dunbar faltered.

"Yes, people usually do have 'heart failure' when they die," St. Peter chuckled, "but to be specific."

Dunbar did not reply, and St. Peter took down the phone and after a moment lost his look of bewilderment and perplexity.

"Ah, yes, I see, I understand! Messenger says you flew mad at your daughter because she wanted $5.99 for a new hat and you thought $3.99 was enough — as that was all your mother used to pay for a hat! There are a good many like you — 'Fess up, is this true?"

Dunbar bowed his head and blushed.

"Well, I thought as much! Heart failure, ha, ha, such a convenient cloak for just plain 'mad." St. Peter turned to the phone again.

"Yes, I see, — always a hearty eater, would have sweets and meats regardless of all medical advice to the contrary! Yes, flew mad again last night at his gardener because he could not pay his rent — Yes, habitual overeater, habitual grumbler at home, miserly for one of his means —"

St. Peter turned to Dunbar, whose face wore a look of discomfiture by this time.

"We have many similar cases!" he finally offered. "Peters of Bleerville came up yesterday — 'heart failure,' plain overeating; Willis of Selton — 'heart failure,' plain overdrinking; Philman of Neurton — same cause, plain dissipation; Carlmeyer of Mayton — 'heart failure' again, plain overworking, — fifty yesterday! A very common malady, indeed, contagious and infectious!"

Just at this moment a weak knock sounded, and Weasel, Dunbar's gardener, entered.

"Name?" inquired St. Peter.

"Weasel." Dunbar started.

"Age?"

"Eighty-four."

"What brought you here?"

"Result of an auto accident."

Dunbar gasped and turned pale. "Why, I hit him three weeks ago, but he seemed all right yesterday — I — I — forgot he had been laid up when he said he could not pay his rent — I —"

"Silent!" commanded St. Peter. "Yes, Weasel, I remember you now. We were told to look for you forty years ago, when you were run down by the train; but good, clean habits, sane living, a keen philosophy of life pulled you through,

and but for this accident you need not have come for ten years yet."

St. Peter looked thoughtful!

"I believe you have helped me out, though," he finally remarked. "You have all the virtues Dunbar and these fifty others lack. I'll appoint you their deputy for six months. Give them good, hard discipline in the virtues of life.

"Yes, you can do it well! They are to obey your every command. I'll give them rigid examination when the time of probation has expired — and —"

"Oh, papa, wake up, you are having nightmare —" cried a sweet voice.

Dunbar opened his eyes, started, and strove to control the muscles of his face as he wildly expostulated —

"Oh, Dorothy, get two hats at any price — I can pay for them. Go and tell your mother not to fuss for supper — bread and milk will do — the doctors advised it, you know. Yes, send Weasel up at once — I want to see him on important business matters —"

L. M.

* * *

## Water Plants for Your Windows

ANY time till the end of December we plant the Chinese Sacred Lilies and Narcissi in water. For growing them we use large glass bowls eight inches in diameter. There are bowls provided especially ornamented in original Chinese Hieroglyphics, and these are pretty as well as ornamental.

Three or four bulbs of the Chinese Lily are put into each, supported by placing pebbles about the bulbs, and the bowl is filled two-thirds full of water and set in a sunny window in a cool room free from draughts. As growth proceeds, the roots work their way among the pebbles, matting together, and this holds the bulbs as securely as if they grew in the ground.

If your room is too warm, the bulbs will grow too fast and the stalks will be weak and spindling, not able to hold up the flower heads, which will also be small.

The clean light and dark browns of the roots showing through the glass of the bowl contrast delightfully with the rich, fresh green of the stalks as development goes on.

All Chinamen in this country grow their native lily, for with them it is the good-luck plant, and when it grows well, as it always does, becomes a good omen, for it means that luck will be with them throughout the year. These Celestials literally "love-up" these plants, and so they bloom well for them, and so they will for you if you provide the few necessaries already mentioned.

The bulbs that you can buy at your florist's will yield large, white flowers with a yellow center, deliciously fragrant, some six or seven weeks from planting; so if you put some into water, at once, you will be delighted with bloom in January and February, when flowers are at a premium. And if you continue planting every week for a few weeks, you can prolong your water-blooming plants nearly till Easter.

A bowl of these flowers will perfume the whole atmosphere of a room with the most bewitching odors, giving an air of culture and refinement to the simplest arrangements.

### The Narcissi

The Narcissus or Yellow Daffodil grew first in southern France and along the banks of the Mediterranean Sea. It was then carried over to England and then over here to us. It used to be the custom to plant them on All-Hallows, and if the bulbs were well developed by St. Barbara's Day, December 4, there would be flowers by Christmas, and this was a token of a fruitful New Year.

These flowers appear in great bunches, often ten, eighteen, and more flowers on one stalk. The bulbs do not throw out as many stalks as those of the Chinese Sacred Lily, but there are many more flowers to a stalk.

The flowers are white in color, only more so than those of the Chinese Sacred Lily, and have a double yellow center. They

are deliciously fragrant. Planting at once and at short intervals for a few weeks will provide you flowers for a long time in the New Year.

There is no simpler way to grow plants than to grow them in water, and we would not like to have a season pass without these beautiful water plants in our home. We have no hothouse or any special room for plants, but grow them in the family living-room where we can see them and enjoy them all the time.

We have four large windows to the south, and one to the east, and it is in these south windows where the water plants luxuriate, along with the other plants.

The windows come within four inches of the floor and are high in proportion. A shelf a little below the window-sills is the place where the plants stand. Thus they get plenty of sunshine and light, do not shut out our view, and always thrive.

If your room is too warm, I can only promise you spindling plants, small flowers and short-lived at that. F. M. C.

* * *

## Candlesticks

WHENEVER I see a pretty candlestick I have a sudden longing to possess it, and I have learned that I am not alone in this longing. Many a woman has felt the fascination of the candlestick. Electric lights are wonderful, and we would not do without them; nevertheless, we love the soft glow of candlelight. Perhaps it is a part of our inheritance from the past.

Mother, I remember, used to keep a candle in every room in the house. Sometimes, when, at an inopportune moment, I have been left alone in the dark because the electric light took a notion to "go out," I have wished that my mother's habit still prevailed.

But in those "good old days of old" candlesticks were not expensive items. Not always. In the frontier homes they were apt to be as rustic as was the house itself and all its furnishings. The candlesticks were not of brass, or other metal, carefully made to be handed down to posterity. Ours was — Well, mother made them herself. Thus:

A bit of board about an inch thick, or more, of the size of a book, corners rounded with a knife — this the foundation. In the center of the block, mother would draw a triangle to fit neatly over a candle circle. At each angle of the triangle a nail was driven into the block, just far enough to hold firm, and a candle inserted between the nails. Oftentimes a little knob was fastened at one corner of the wooden block to serve as a handle for the most rustic of candlesticks.

Remembering my mother's candlesticks, not long ago I made a very dainty "consolation" gift along similar lines. It was made like mother's candlesticks, only smaller, and carried a tag: "To light your way." I selected a little pine block, smoothed it with sandpaper, rubbed it with powdered pumace stone wet with water (linseed oil might be used) till it was as smooth as glass. Holding my candle in the center, I drew a circle, which guided me in the placing of three headless nails. At one corner of my block I screwed into place, standing upright, a large screw eye to be used as a handle. Then I silvered the entire candlestick with aluminum paint. Indeed, it was a pretty little thing. Among my guests, it was something of a novelty, and attracted more attention than the larger prizes.

A month later the girl who drew the "consolation candlestick" invited us to her home. To our delight she had made another use for the candlestick idea, for at each of our places stood a little home-made candlestick (patterned after mine), painted in ivory enamel, and holding up its bit of light; and after the luncheon, each of us carefully carried home our very dainty candlestick. We'll always remember that luncheon!

In fact, the idea spread farther. One of our number (a bride) has made a candlestick for each and every room in

her pretty new bungalow, and decorated each candlestick to match the furnishings of the room. — It doesn't matter if the electric lights do "go out." Behold! — a candlestick. R. F.

* * *

## Orange Jelly

THIS is a most convenient sweet to have on hand in quantity. It is delicious in itself and makes an invaluable medium for securing those fruit flavors that refuse to form jellies alone. The orange jelly only develops the other flavors instead of masking them. This jelly requires a week or more to become stiff enough to be classed as a jelly; therefore it is best to make it in advance.

Remove the rind from one large orange in quarters, and cut the rind into thin slices. Break the orange into sections and slice thin. Add the juice of half a lemon and cut the rind (natural) into thin strips. Follow the same process with one-fourth of a grapefruit. Place all in a large bowl and cover with cold water. Cover and set aside in a cool place over night, or even for twenty-four hours. At the end of that time turn all into a granite pan and add water enough to cover the fruit. Simmer for an hour or more until the rinds can be pierced with a straw easily. If necessary, add more water during the cooking, but try to keep no more than the original level.

When the rinds are tender turn all into a jelly bag and drain without squeezing. When well drained measure the juice and turn into a preserving kettle with an equal amount of sugar. Cook steadily, but moderately, till the juice forms in drops on the edge of the spoon and drops away sharply. Continue cooking for five minutes and then pour into glasses. Cover and set aside to thicken.

The thickened jelly can be added to an equal measure of any fruit juice of which it is desired to make jelly. Cherries, blueberries, strawberries and peaches can be made into jelly in this way. Add as much sugar as fruit juice, and take no account of the orange jelly when measuring the sugar. Cook in the usual way for jelly and give the usual tests. W. A. W.

* * *

## How to Make a New Fudge

MARSHMALLOW fudge is delicious. To make it, boil two cups of sugar with one cup of milk or cream. Then add cocoa, or one-fourth bar of chocolate. After this mixture has boiled, put in butter, — about three tablespoonfuls. When the candy is done, add one-half teaspoonful of vanilla or pineapple extract.

On the buttered plate, place marshmallows at small intervals apart, so that there will be a marshmallow to each square of the fudge. Then pour the candy over the marshmallows, and allow to cool. When it has hardened somewhat, cut into squares. B. I.

* * *

## Cinnamon-Drop Apples

SELECT a good, medium-sized, green apple (as Pippin), wash, and core. Fill center with red cinnamon candies, or use part sugar and part cinnamon drops. Bake until apples crack open. Baste the center of the apple with the red syrup which will form in the bottom of the pan. A. C. H.

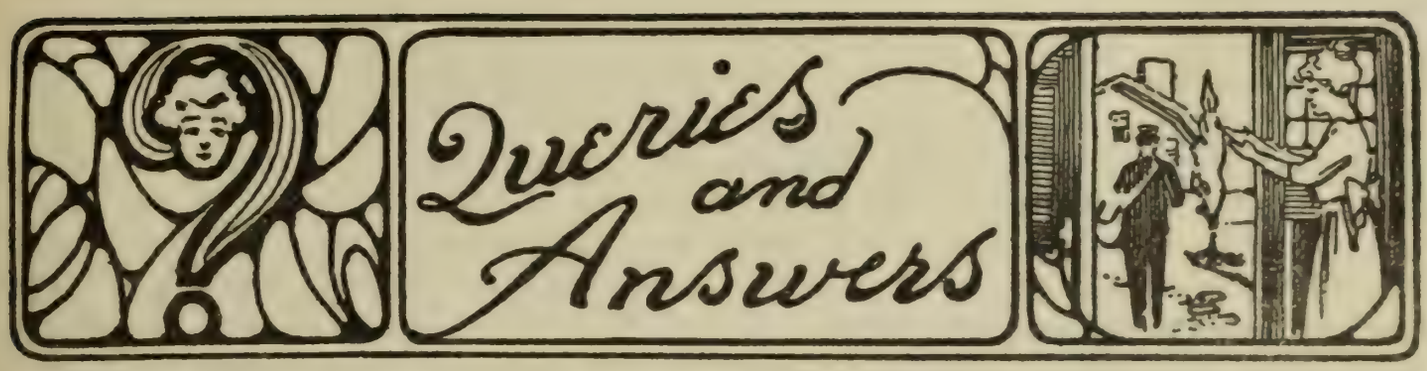
* * *

AN economical and delicious dessert can be made as follows:

Boil a sweet potato until quite tender, cut in cubes, place them in a pan with sugar and water and boil until the syrup is quite thick. Remove from fire, and eat with the syrup when cool. If the sweet potato is good, it tastes like marron-glacé. The sugar and water should make sufficient syrup to soak the cubes of sweet potato thoroughly. No measure is given, as that depends entirely on size of sweet potato. L.

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The necessaries of life might be cheaper if we did not give the luxuries right of way.




THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. For menus, remit $1.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 4089. — "Is it possible to Preserve White Grapes as you would peaches or other fruit, at home, with success?

"I once ate tongue served with a delicious Brown Sauce that had a good deal of butter in it, a caramelized taste, also a piquant taste, though not too sour. It was very dark brown in color. Can you give me the recipe?

"Which kind of Preserving Jars are the best for keeping fruit? In those with an air space below the cover would you fill this space with paraffin?"

## White Grape Preserve

SQUEEZE out the pulp from white grapes, and cook in double boiler until soft enough to separate the seeds easily by pressing the fruit through a colander. Add the skins to the seedless pulp, measure the mixture, allow a cup and one-half of sugar to every two cups of grapes, and cook the mixture for fifteen to twenty minutes. Can and seal as with any preserves.

## Brown Sauce

It is difficult to give a recipe from the description of how a sauce or any other dish looked and tasted. Here, however, is a good recipe for a standard brown sauce to serve with meats.

Cook two tablespoonfuls of minced onion in two tablespoonfuls of butter until both onion and butter are brown. Strain out onion, and add to the butter four tablespoonfuls of browned flour. Stir as for white sauce; add one cup of brown stock, and a bayleaf, a sprig of thyme, and six peppercorns tied in a bit of netting or thin cheesecloth. Cook until sauce is thick, then add one tablespoonful of vinegar. Extra seasoning can be used if desired, and Worcestershire or any other sauce can be substituted for the vinegar.

## Preserving Jars

The question of the best kind of preserving jars is one that is frequently discussed by housewives. The fact is that all standard makes are good, and it is difficult to name one kind which is preeminently the best. The keeping of fruit or any other food in glass jars depends entirely on the complete sterilization of both the fruit and the jar, and the perfect exclusion of air by sealing the contents. If this is done, the contents cannot spoil. We have known housekeepers to wipe out the inside of a sterilized jar with a clean dishtowel, and then wonder why the contents spoiled. The apparently clean dishtowel was not sterile, and carried germs from the air into the jar, thence to the fruit. We have also known housekeepers to sterilize the jars, but not the rubbers. We have known jars, completely sterilized by boiling for twenty minutes, to be taken from the boiler, and allowed to stand on the table until cool. This was simply an invitation to the germs in the air to enter — an invitation which never fails of acceptance. Every one who cans food should do this work as carefully as a surgeon works to exclude germs from wounds.

Once the principles of sterilization and exclusion of air are mastered, there will be no such thing as failure in canning. As for jars, any old wide-necked bottles

can be used by an expert, or jars whose covers have been lost or broken. One such woman of our acquaintance puts up fruit and vegetables in lidless bottles, which she seals by pouring in an inch of melted Crisco or other similar fat, first heated to a high degree in a pan to ensure the destruction of possible germs. As soon as the jar and its contents are cold, the fat forms a solid cake, which excludes the air perfectly. The fat is not wasted, for it can be used over and over again. Even olive oil, first well heated, may be used to seal a jar, though this, being liquid, is neither so convenient to use nor quite so sure a seal, unless the jar is to remain undisturbed on the shelf until time to open it, for if tilted so as to spill the oil or to expose the fruit or vegetables to the air, the germs may effect an entrance.

Paraffin may be used to seal a jar, in the same way that fat is used, but it is by no means necessary, or even advisable to fill the air space below the cover of a jar with paraffin as our correspondent suggests. The cover should be put on without completely sealing the jar, and the whole thing stood in the canner for a few minutes to sterilize the bubble of air. Very often the heat of the fruit will do this, if the lid has been sterilized and immediately put on while the fruit is boiling hot.

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QUERY No. 4090. — "Will you please let me have recipes for three or four good Entrées?

"Will you give me a recipe for Chocolate Fudge Sauce to pour over pastry?"

The following are very good dishes for use as entrées:

## Terrapin Chicken

Chop together two hard-cooked eggs and two cooked chicken livers, and mix these with two cups of cold, cooked chicken, cut into small pieces. Season with salt and pepper to taste, and a very small grating of nutmeg.

Melt three tablespoonfuls of butter in a frying pan; add two tablespoonfuls of flour, and one cup of a mixture of equal parts of chicken stock and cream. Cook same as white sauce; add chopped mixture, cover, and simmer over gentle heat for ten minutes. Before serving add the yolk of one egg, beaten with two tablespoonfuls of cream and one teaspoonful of lemon juice, stir this into hot mixture, and pour into timbale cups, crustades, or into a pretty, deep dish.

## Cuban Eggs on Toast

Cook together for five minutes one-fourth a cup of sausage meat and one teaspoonful of grated onion. Add to pan six beaten eggs, one-fourth a teaspoonful of salt, and a dash of pepper, and stir until eggs are creamy. Pour over slices of buttered toast on a platter, and garnish with slices of fresh tomato sprinkled with a little chopped green pepper.

## Oysters in Cucumber Cups

Cut large cucumbers into two parts, crosswise, scoop out centers, and slice off small pieces from the rounded ends so that the cups will stand upright. Fill with small raw oysters, minced fish, or lobster, and bake in pan in hot oven until cucumbers are tender. Serve with a spoonful of tartar sauce in each cup.

Other good entrées are: A whole calf's liver, larded with strips of choice fat bacon, braised, and served with a brown sauce. Or Oysters à la Mornay, or Potatoes à l'Otero, both published in AMERICAN COOKERY for October.

## Chocolate Fudge Sauce

Cook together four ounces of chocolate, two ounces of sugar, and one cup and one-half of water. Blend one tablespoonful of cornstarch with one tablespoonful of butter, or three of cream, and stir into hot mixture. Cook until the whole boils, then remove from fire and add a few drops of vanilla.

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QUERY No. 4091. — "Is it possible to make a Butterscotch Sauce for ice cream, such as is served over the butterscotch ice cream at Schraft's? I tried a recipe that called for vinegar in it, but did not care for the result."

# CRISCO
*For Frying - For Shortening*
*For Cake Making*

# makes for better cooking




**Crisco is always sold in this air-tight, sanitary package—*never in bulk*. Accept nothing else. One pound net weight, and larger sizes.**



**Do you know how to plan your meals so that you can *eat what you like*, yet have a wholesome balanced diet?.**

"Balanced Daily Diet", an up-to-date book written by Janet McKenzie Hill, founder of the Boston Cooking School and editor of "American Cookery" gives you an easily followed table for planning wholesome, enjoyable meals, with everyday foods. Ready-made menus given for those who do not wish to plan their own combinations. More than 150 tempting new recipes included in this valuable book. Sent postpaid, for only 10 cents in stamps. Address Department A-11, The Procter & Gamble Company, Cincinnati, Ohio.

Crisco is a vegetable product that is a perfect shortening, a perfect frying fat, and perfect enrichment for cakes, because it is richer, more delicate, and more digestible than other cooking fats, *and because it is always the same.*

These things are true because Crisco is vegetable fat made by a special process. There is nothing else like it. It is always snowy white, sweet, wholesome, and 100% richness. It does not contain water or salt. It is so good and pure that it does not turn rancid. You need not even keep it on ice.

## *Use Crisco for Shortening*

Pie-crust, short-breads and biscuits are as wholesome as they are good, when made with Crisco, because Crisco is *strictly* vegetable, and therefore is easily digested. Crisco is tasteless and odorless, too, so you can enjoy delicate, fruity flavors in pie and short-cake fillings that are smothered when ordinary shortening is used.

## *Use Crisco for Cakes*

Crisco's whiteness and delicacy make it ideal for the finest cakes. Simply add salt, and Crisco will give you the real butter taste in cake, at half of butter expense. Crisco is so rich that it keeps cake fresh unusually long. Cookies, puddings and desserts are appetizing indeed when enriched with Crisco.

## *Use Crisco for Frying*

Here is where you'll enjoy Crisco most—because Crisco fries without smoking. What a relief to have the house free from acrid odor when you make croquettes and other tempting fried dishes. Fried things taste better, too, because a crisp brown crust forms quickly, so that all the flavor is retained. Since no taste of the food escapes into the Crisco, just strain the melted fat and use it again and again. It cooks away so very little in each frying that you'll find Crisco a big economy on this account alone.



## Butterscotch Sauce

We do not know the kind of sauce used by Schraft's, but a little vinegar is called for in the best recipes for both butterscotch and butterscotch sauce. Here is a recipe with the minimum of vinegar:

Melt in an agate saucepan two tablespoonfuls of butter; add two tablespoonfuls of browned flour, stir to a paste, then add three-quarters of a cup of water, and cook same as white sauce. Lastly, add one-fourth a cup of molasses, one tablespoonful of vinegar, and one cup of brown sugar, and let the whole boil up once.

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QUERY No. 4092. — "Kindly give in some future issue a good, rich recipe for Preserved Figs. Also for Spiced Figs and Spiced Peaches."

## Preserved Figs

Pour three quarts of boiling water over three quarts of figs, first sprinkled with one-half cup of baking soda. Let stand ten minutes, then rinse figs well with cold water run through them in a colander. Boil two pounds of sugar in three pints of water for ten minutes; add figs, cover closely, and cook slowly until figs are clear and tender. This may take two hours, and the quantity of water should not be allowed to become too much reduced, but should be added to, from time to time. When figs are clear, lift them out into jars, boil down syrup to fifty or fifty-five degrees by gauge, then pour over figs in jars and seal. The rind of two or three oranges, cut in small pieces and cooked with the figs, is, by some, considered an improvement.

## Spiced Figs

Cook five quarts of figs in one pint of water and one pint of vinegar until tender. Add to kettle: Three pounds of sugar, an ounce of whole cloves, and an ounce of stick cinnamon broken in small pieces — these spices to be loosely tied in cheesecloth — and use boiling water barely to cover the figs. Cook the whole until the figs are clear and transparent, then remove the spices and put figs into jars.

## Spiced Peaches

Proceed as for spiced figs, using seven pounds of fruit and five pounds of sugar. Additional water, after the first pint, need not be added to the fresh fruit. The quantities given for both spiced peaches and figs should fill about eight quart jars. The fruit will keep without sealing in a cool closet or cellar.

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QUERY No. 4093. — "Can you give me a recipe for a peculiarly Rich Light Waffle, which I have been told is made with cream?"

## Rich Waffles

Add to two cups of cream the beaten yolks of three eggs, one-fourth cup of sugar, two cups of flour, sifted with two teaspoonfuls of baking powder, and one-fourth a teaspoonful of salt. Stir to a smooth batter. Lastly, add the whites of the eggs beaten dry. Cook in hot, well-greased tins, and dust with powdered sugar before serving. The quantities given should make a dozen waffles.

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QUERY No. 4094. — "Will you please tell me how Flowers are Crystallized for decorating cakes?"

## Crystallized Flowers

The crystallized flowers used for decoration in some of the hotels call for long practice and great skill to make. In fact, a good artist in this line is a rare thing. But the following is a simple and effective method, which will give a pleasing result.

Brush over the petals and leaves of the flowers with white of egg beaten just enough to flow from a camel's-hair brush — a little water, about a tablespoonful to each egg-white, will prevent too many bubbles from forming. Then dip the leaves, if flat, into a fine quality of well-crystallized granulated sugar, or the sugar may be sifted over both leaves and flowers, which are then gently shaken to get rid of the superfluity. Flowers with stiff petals lend themselves best to the treatment, though violets, nasturtiums, primroses, and some of the single roses are very effective when sugar-coated in this way.

# RYZON

## Batter Keeps!

To get the utmost out of ingredients and to use them in more than ordinary ways — that is where domestic science experts and students of modern cookery excel.

That is why they have been so hearty in their endorsement of Ryzon, The Perfect Baking Powder. It is not only dependable and scientifically accurate, but it proves itself a valuable ally in the search for new and time-saving methods with which to simplify cooking.




*Ryzon is 40c for a full 16 ounce pound—also 25c and 15c packages. The new Ryzon Baking Book (original price $1.00), containing 250 practical recipes, will be mailed, postpaid upon receipt of 30c in stamps or coin, except in Canada. A pound tin of Ryzon and a copy of Ryzon Baking Book will be sent free, postpaid, to any domestic science teacher who writes us on school stationery, giving official position.*



For instance, batter made with Ryzon Baking Powder may be put into ice box or a cool place for a day or overnight without harm. The biscuits or cake will be just as good and rise just as well as if baked immediately.

The following biscuits, mixed in the morning, baked in the afternoon and served crisp and hot are delicious and unusual for afternoon tea.

### Ryzon Cheese Drop Biscuit

1 level cupful (¼ pound) flour
¼ teaspoonful salt
½ cupful (1 gill) water
3 level teaspoonfuls Ryzon
1 level tablespoonful (½ ounce) butter or fat
8 level tablespoonfuls (½ cup) grated cheese

Mix like drop baking powder biscuit. Bake twelve minutes in hot oven. Sufficient for twelve biscuits.

**GENERAL CHEMICAL CO.**
**FOOD DEPARTMENT**
**NEW YORK**

QUERY No. 4095. — "Is the Filet of veal the same as the Fricandeau? What part of the beef animal is the hanging tender, or tenderloin?"

The filet of veal is the thick, upper part of the leg. It may be said to correspond to the round of beef. It is cut into steaks, or is roasted whole. The fricandeau is the part of the filet that corresponds to the top round in beef. This is most frequently cooked in one piece, and is the most expensive cut in the veal animal, since the entire upper part of the leg has to be sacrificed to obtain it. In many restaurants the words filet and fricandeau are used synonymously, and are applied to the filet only, the true fricandeau not being cut.

The hanging tenderloin is the thick part of the skirt steak or diaphragm of the beef animal. It is very good when broiled, if cut crosswise of the long fibers and in rather thin slices. If cut lengthwise, it is flavorless and stringy.

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QUERY No. 4096. — "Please publish a recipe for Griddle Cakes."

## Griddle Cakes with Sour Milk

1¼ cups flour
¼ teaspoonful salt
2 teaspoonfuls baking powder
1 cup thick sour milk
¼ teaspoonful soda
1 egg
3 tablespoonfuls melted butter

Sift together the flour, salt, and baking powder; stir the soda into the milk; add the egg, beaten very light, and the melted butter, and stir into the dry ingredients. Set by spoonfuls on a hot griddle; when bubbles appear throughout, and the cake is well browned on the bottom, turn to brown the other side. Do not turn the cakes but once. Because three tablespoonfuls of butter are called for in the recipe, it is unnecessary to oil the griddle.

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The teacher was giving the class a natural-history lecture on Australia. "There is one animal," she said, "none of you have mentioned. It does not stand up on its legs all the time. It does not walk like other animals, but takes funny little skips. What is it?" And the class yelled with one voice, "Charlie Chaplin!"

# New Books

*A Thousand Ways to Please a Husband with Bettina's Best Recipes.* By LOUISE BENNETT WEAVER and HELEN COWLES LE CRON. Cloth, $1.50 net. Britton Publishing Company, New York.

This is something different from the ordinary cook-book. It is styled the Romance of Cooking and Housekeeping. In brief, it gives the first year's experience of a young bride's housekeeping, in trying to please a husband and in catering to his tastes.

The daily menus are chosen with discretion and care, and plain, explicit directions are given for the more important dishes of each meal. The plan is well conceived and carried out; certainly the book is not uninteresting.

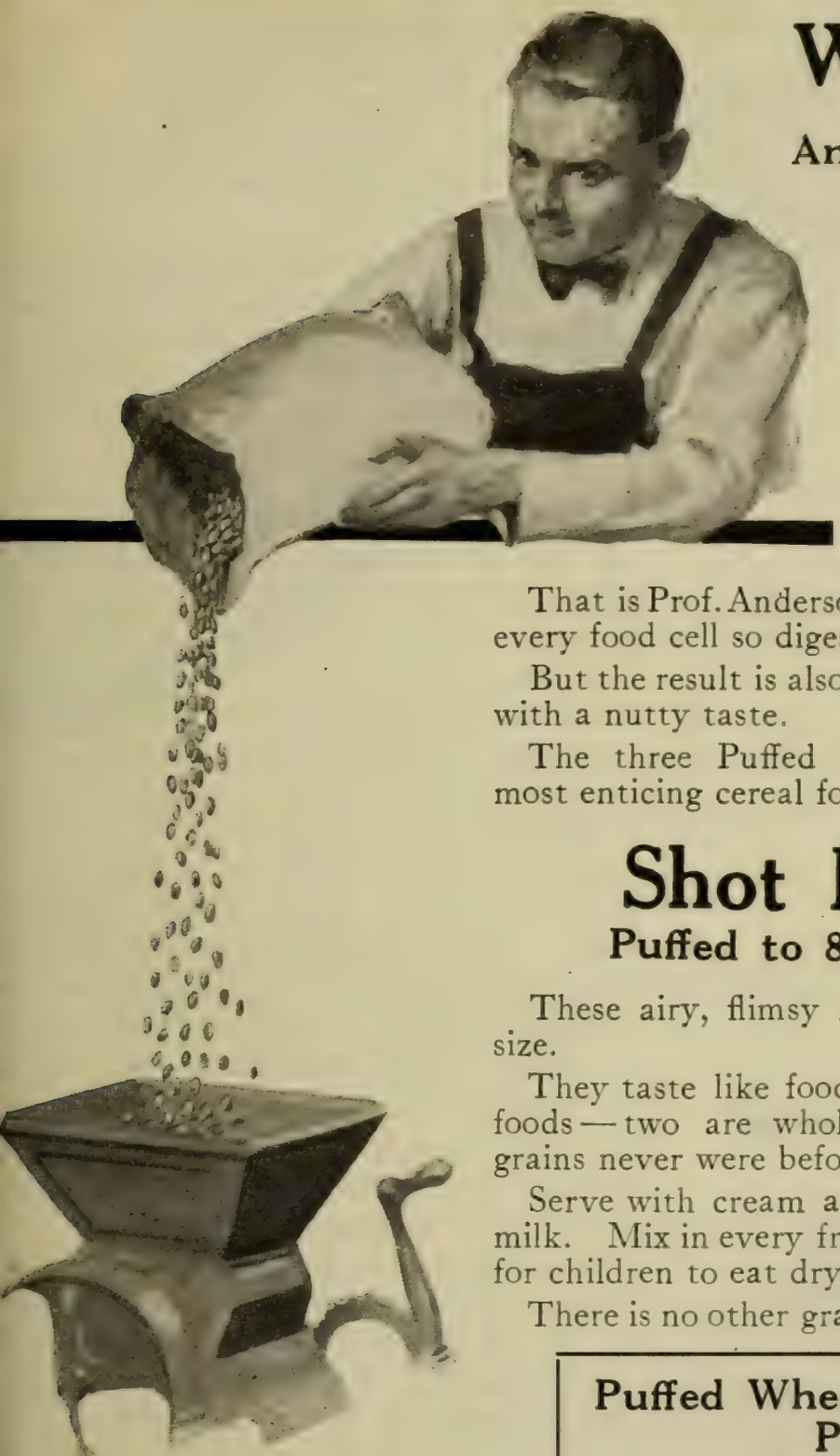
"'And a whole year has gone," said Bob, as his eyes met Bettina's across the little table set for two.

"This is our anniversary and I'm making a speech. You are wise because from the first you've realized that we get out of life just what we put into it. You've faced things. You've realized that marriage isn't a hit-or-miss proposition. It's a business —"

"A glorified business, Bobby. Dealing in materials that can't all be felt and seen and tasted, but that are, nevertheless, just as real as others. And after all, romance is really in everything that we do lovingly, and intelligently. I find it in planning and cooking the best and most economical meals that I can, and in getting the mending done on time, and in keeping the house clean and beautiful. And — in having you appreciate things.'"

*The Hotel St. Francis Cook Book.* By VICTOR HIRTZLER, Chef of Hotel St. Francis, San Francisco. Cloth, 450 pages. Price $5.00. John Willy, Publisher, Chicago, Ill.

Mr. Hirtzler has produced a modern cook-book of the most comprehensive kind. It is one of the most important



# Wheat Bubbles

## And How We Create Them

Puffed Wheat is whole wheat steam exploded.

The farmer sends to our hoppers the finest grains he grows.

We seal those grains in guns, then apply an hour of fearful heat. When all the wheat moisture is turned to steam, we shoot the guns and the grains explode.

That is Prof. Anderson's process. The purpose is to blast every food cell so digestion is easy and complete.

But the result is also bubble grains, thin, flaky, toasted, with a nutty taste.

The three Puffed Grains are in this way made the most enticing cereal foods in existence.

# Shot From Guns

## Puffed to 8 Times Normal Size

These airy, flimsy Puffed Grains are 8 times normal size.

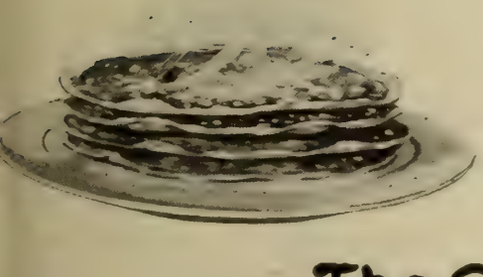
They taste like food confections. But they are grain foods — two are whole grains — fitted for digestion as grains never were before.

Serve with cream and sugar. Float in your bowls of milk. Mix in every fruit dish. Crisp and lightly butter for children to eat dry.

There is no other grain food which children love so well.

**Puffed Wheat**
**Puffed Rice**
**Corn Puffs**

**Also Puffed Rice Pancake Flour**
**A New Puffed Product**



# Also Pancakes Now

## A Puffed Rice Pancake Flour Mixture

Now there is also a Puffed Rice Pancake Floor mixture, containing Puffed Rice ground. It makes fluffy pancakes with a nut-like taste — such pancakes as you never tasted. Try it. Just add milk or water. The flour is self-raising.

# The Quaker Oats Company

**Sole Makers**

culinary books that has come from any press in the last twenty-five years.

A feature of this book that will be appreciated by thousands of caterers, families, and all interested in home economics, is the selection and preparation of foods in season; the presentation of breakfast, luncheon, and dinner menus for every day in the year — the selections appropriate, and all of dishes actually prepared and served in the Hotel St. Francis. This feature of the book gives a suggestive quality, a reminder attribute, and a knowledge of food economies and food attributes that is hereby brought to the aid of the proficient and the learner, also enables even the inexperienced to produce the well-balanced menu.

The author is one of the ablest chefs of the day. He knows his subject thoroughly and presents his menus and recipes with the authority of the trained expert. No superfluous details of method are given.

The recipes include hors d'œuvres, soups, fish, meats, poultry, game, salads, pastries, ices, and beverages. They extend also to teas and suppers.

The book is indexed and cross-indexed, so that every recipe can be referred to on the instant.

This is quite the most considerable and important cook-book that has appeared in recent years; it bears the insignia of merit and authority. Out of the riches of a wide experience the author gives the best of that of which he doth know.

---

THE food retailer should have every size of butter dish handily available, in the opinion of the Escanaba Manufacturing Company, and the manner in which this company delivers its Standard Wire End Maple Dishes not only carries out this basic principle, but constitutes an interesting and unique innovation in the trade.

This company packs its splendid dish in tidy cartons, each containing fifty dishes. Eight of these cartons are put into a light, strong, fiber board case for shipment. The retailer can take to his wrapping counter a carton of each of the six sizes of Standard Wire End Dishes, and thus have under his hand a suitable dish for any quantity of food which he may wish to package.

The six cartons containing every size of the dish do not take up any more room on the wrapping counter than a roll of paper or a rack of bags. The dishes are always clean and in order in the carton until the last one is used, when a fresh carton is brought from the stock room. The fiber board shipping case is light and strong. It is easily stored, and when opened its contents do not depreciate while a portion of them is being used.

This company takes a commendable pride in its Standard Wire End Dish, which is made of genuine Northern Michigan Sugar Maple. The dishes are carefully inspected before packing, and are delivered in a neat and modern way that makes an instant appeal to the high-class retailer. Practically all wholesale grocers and paper jobbers handle these EMCO Dishes.



Wheatena Wheatena Wheatena Wheatena

# Tastes Good

**On the first snowy morning**
**A steaming bowl of**

## *Wheatena*

My! but it tastes good?

The savory sweetness of those roasted wheat kernels gives a sharpness to your appetite for breakfast that makes you eat with a relish. In homes where ***Wheatena*** has been the favorite cereal for two generations you never hear the query, "Oh! what shall we have for breakfast?"

### Breakfast Food Directions

Into six cups of actively boiling, slightly salted water, pour, so slowly that boiling does not stop, one cup of ***Wheatena,*** and continue boiling three or more minutes, then serve. *The activity of the boiling obviates the need of stirring.*






### *Wheatena*—the 3 minute cereal— Tastes Good

What more delicious or so easily prepared for breakfast on cold, frosty mornings? A hot cereal that everyone likes, full of the nourishment of the whole wheat kernel, so delightful in flavor you never tire of it—prepared, ready to serve in 3 minutes. And it tastes good!

On request the ***Wheatena*** Book with many tasty ***Wheatena*** Recipes will be mailed you free.

The Wheatena Company,
Wheatenaville,
Rahway, New Jersey.




**TECO**

**SELF-RISING**

**Pancake and Buckwheat Flour**

*The Buttermilk Does it*

***It's in the Flour.***

**Hot cakes! In a minute!**
**Made with Teco pancake and buckwheat flour.**
**Wheat cakes! Waffles! Gems!**
**Make the finest easily and quickly with Teco pancake flour and cold water.**
**Buckwheat cakes!**
**Tender, delicious, digestible. Just add cold water to Teco buckwheat flour.**

**THE EKENBERG CO.**
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**Cream Whipping Made Easy and Inexpensive**

**CREMO-VESCO**

**Whips Thin Cream**
**or Half Heavy Cream and Milk**
**or Top of the Milk Bottle**

It whips up as easily as heavy cream and retains its stiffness.
Every caterer and housekeeper wants CREMO-VESCO.
Send for a bottle today.

Housekeeper's size, 1½oz., .30 prepaid
Caterer's size, 16oz., $1.00 "
(With full directions.)

**CREMO-VESCO COMPANY**
**631 EAST 23rd ST., BROOKLYN, N. Y.**


## The Story of Coffee

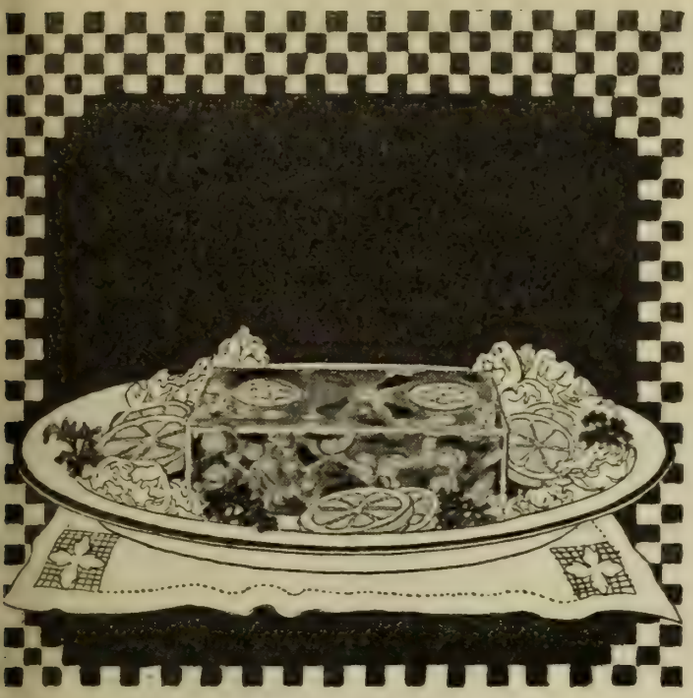
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for it was in that old town, in 1649, that the first genuine English coffee-house was established.

What a world of romance and literary history centers about those English coffee-houses! They spread all over the island; London alone is said to have had three thousand in Dryden's time. Some, such as Will's Coffee-House, will go down in the annals of letters as the gathering-places of the most brilliant wits and dramatists and poets the British Empire ever produced. In these cafés, with their open fronts in summer and their huge log fires in winter, one might have found Dryden, Pope, Gay, Shadwell, all the celebrities of the day. Here jokes and puns and epigrams bombarded the air; here new dramas were planned; here satires were written that drove authors back to Grub Street in disgrace and poverty.

At first no woman thought of entering such a place; it was a sanctuary for men only. But, at length, the ladies began to come — probably to see if their husbands were there — and as the feminine mind of the seventeenth century was not interested intensely in play-writing and similar literary feats, cards were introduced for their benefit. Then came a rampage of gambling; women literally went wild over it. Husbands suddenly found themselves ruined through the gambling debts of their wives; ladies of good families committed suicide because of such losses; one woman, it is recorded, wagered the very clothes off her back and had to retire to an upper chamber while considerate friends went out and borrowed a few garments for her.

In 1675 Charles II ordered every British coffee-house closed and even imprisoned several of the proprietors; but the institutions soon returned to life, and continued their downward career until, at least, the close of the seventeenth century. And thereby hangs a tale. For the more respectable writers and intellectuals, wishing a quiet resort, fell



# *A Salad for Supper*

Winter salads are a problem—Cox's Gelatine simplifies it. Here is something new:—

### A TUNA OR SALMON SALAD

1 envelope COX'S INSTANT POWDERED GELATINE
¼ cup cold water — 2½ cups boiling water
¼ cup lemon juice — 1 large can Tuna Fish or Salmon
½ cup chopped pimentoes or olives

Soak Gelatine in cold water; add boiling water and when dissolved add lemon juice and allow to cool, but not get cold. Pour layer into wet mold; when set, add layer of fish seasoned to taste, a layer of olives; pour in enough Gelatine to set mixture—and so on in layers until mold is filled. Chill, serve on lettuce with dressing.

Unsweetened and unflavored, Cox's makes no end of nourishing and attractive foods, easy to prepare and dainty to serve.

Nourishing soups, tempting savories and salads, delightful desserts are sure to succeed if Cox's Gelatine is used.

Always have the little checkerboard box of Cox's Gelatine on hand, and send now for a free copy of the Cox Manual of Gelatine Cookery.

**COX'S**
Instant Powdered
**GELATINE**

**THE COX GELATINE COMPANY**
**Dept. D, 100 Hudson Street, New York**



# "What Tasty Tea!"

The hostess who serves Banquet Tea invariably finds her guests enthusiastic over its delightful flavor.

When you've once used it, you'll never buy any other kind.

## BANQUET TEA

gives you three different blends to choose from! —

### "Tasty Tea for Every Taste"

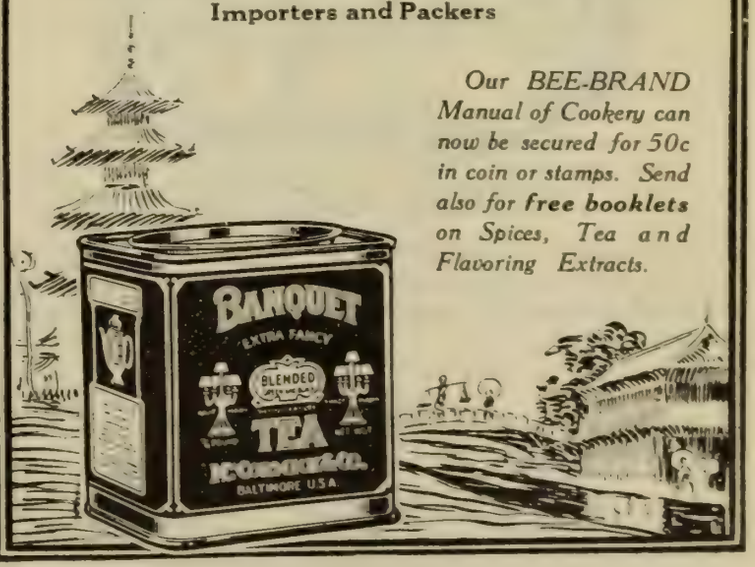
**Banquet Blend,** a very popular blend of green and black tea, packed in red canister. **Banquet India and Ceylon Tea** with other choice growths, in green canister. And **Banquet Orange Pekoe** in orange canister.

Scientifically blended to bring out all the strength and flavor — Banquet Tea comes to you with all nature's goodness. You'll find it the most economical tea to use because it takes less.

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**Importers and Packers**

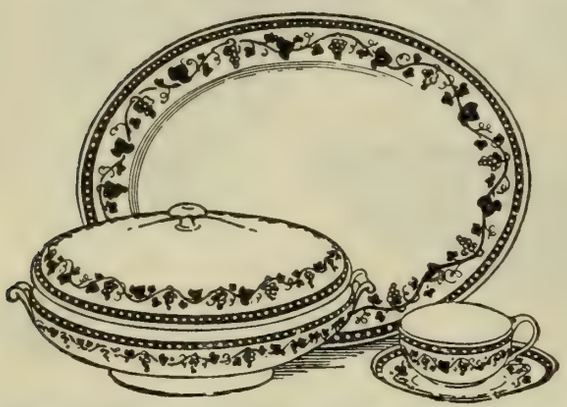
*Our BEE-BRAND Manual of Cookery can now be secured for 50c in coin or stamps. Send also for* ***free booklets*** *on Spices, Tea and Flavoring Extracts.*



## JONES, McDUFFEE & STRATTON CO.

# Table Crockery, China and Glass

### For Thanksgiving



### DINNER SETS or CHINA DINNER WARE

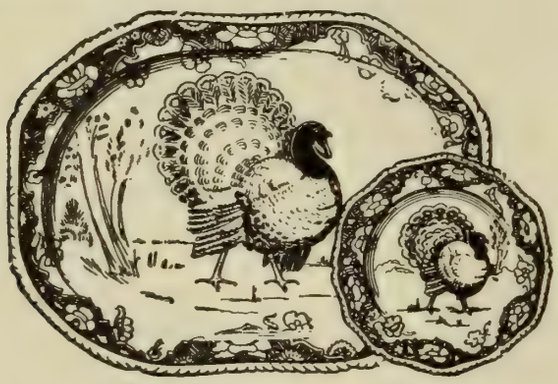
**of all grades taken from our large assortment of Stock patterns enable the purchaser to select just the articles desired without being obliged to purchase the articles not required at the time, with the added advantage of being able to obtain matchings or additional pieces of the same pattern later on.**

### Pyrex Cooking Glassware

Clean, transparent Glass to bake in!
Ware that oven heat cannot break!

**Casseroles**
**Bread Pans** **Ramekins** **Pie Plates**
**Bakers, etc.**

**Pyrex Gift Set — consisting of eleven items for $6.00, packed in a neat box, is especially attractive.**



### TURKEY PLATTERS

**Large and extraordinarily large platters, on which to serve the national bird or joint of beef; also plates with same border as platter and game centers.**

## Jones, McDuffee & Stratton Co.

CROCKERY, CHINA and GLASS

**33 Franklin Street - - Boston**

Near Washington and Summer Streets


into the practice of renting exclusively a coffee-house for a night, and then for a week or a month, until, unwittingly, certain of such gathering-places became almost private, and all who were not of the elect learned to stay away. And thus originated the famous London clubs, those assemblies of eighteenth-century master-minds, such as Addison and Steele, Johnson and his faithful Boswell, Garrick the actor, Reynolds the painter, and poor, vanity-stricken, ugly, lovable Goldsmith.

What poems, what plays, what essays, came from those rooms so fragrant with the aroma of hot coffee! And all this because some whirling dervish began to swallow boiled "coal" in the year 1500.

Nowadays most of our Mocha and Java come from Brazil, and an Amsterdam burgomaster named Wieser is responsible for that. For he it was who brought some plants to the Botanical Garden of his city, and their offspring were transferred to the Paris Botanical Garden, whence the coffee-plant came to Martinique in 1720. Many substitutes have been offered for the beverage; physicians have raised shrill cries of warning against it; but during the last hundred years the coffee-pot has steadily grown in favor in America, and its steaming contents may justly be called our national drink.

---

Another good word fast going out of use is frugality.


# Domestic Science

### Home-study Courses

Food, health, housekeeping, clothing, children

*For Homemakers and Mothers; professional courses for Teachers, Dietitians, Institution Managers, Demonstrators, Nurses, "Graduate Housekeepers," Caterers, etc.*

"THE PROFESSION OF HOME-MAKING." 100 page handbook, *free.* BULLETINS: "Free-hand Cooking," "Food Values," "Seven-Cent Meals," "Family Finance."—*10 cents each.*

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**(Charted in 1915) 503 W. 69th St., Chicago, Ill.**

# The Sign of a Better Method




This company makes wooden dishes for the packaging of the bulk foods you get at the grocery and meat market.

EMCO dishes are absolutely sanitary. They are also useful in the home.

Suggest that your dealer use them.

EMCO Clothespins and EMCO Toothpicks are guaranteed as to count and quality. Ask your dealer for them.

**ESCANABA MANUFACTURING COMPANY**

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# The Silver Lining

## A Thanksgiving Tale

They sat on a shelf in the pantry-way cool.
Said Pumpkin to Mince Pie, "You crusty old fool!"
They squabbled and each of them thought himself best,
Till Pumpkin said, "Wait for Thanksgiving — the test.
I'll bet you my pie plate that I'm eaten first;
While you, sir, uneaten, with envy will burst."

Thanksgiving Day came, and along with it, John,
Who ate everything his keen eyes fell upon.
"A piece of each one," said this lad to the pies;
"And then I'll determine which one wins the prize."
But Johnny, alas! was unable to tell,
For Johnny felt suddenly, — not at all well.

Those wicked, old pies had continued their fight,
Till Johnny's poor tummy grew pained at the sight;
And Johnny said tartly, both pies were so bad,
No worse ones than either could ever be had.
But I think myself that young John was mistaken.
'Twas mixing his pies so, gave Johnny that achin'.

— *Ellen M. Ramsay.*

## His Real Motive

As the crowded car jolted and swayed, the stout woman standing up lurched against a seated passenger, tearing his newspaper and knocking his hat over his eyes. Immediately he rose and offered her his seat.

"You are very kind, sir," she said, panting for breath.

"Not at all, madam," he replied. "It isn't kindness, it's merely self-defense."

"Were you very sick with the 'flu,' Rastus?" "Sick, sick! Man. Ah was so sick mos' ebery night Ah look in dat er casualty list for mah name."
— *Whiss-Bang (Boston Base Hospital).*

"When water becomes ice," asked the teacher, "what is the great change that takes place?" "The greatest change, ma'am," said the little boy, "is the change in price."

**SEVEN-CENT MEALS** $1.50 per week per person: 42 meals with recipes and directions for preparing each. This 48 pp. Bulletin sent for 10c or FREE for names of two friends who may be interested in our Domestic Science Courses.
**Am. School Home Economics, 503 W. 69th St., Chicago**



# What You Can Do with an Orange

Mrs. Knox Says:

"Fresh Fruits are an essential of life. We should use them in some form every day. You can use fresh fruit or fruit juices to the greatest possible advantage and economy if you combine them with pure, plain gelatine. For instance, here are four recipes for delightful desserts and salads you can make with orange juice and

**KNOX**
**SPARKLING**
**GELATINE**

## Orange Dessert

1 tablespoonful Knox Sparkling Gelatine
¼ cup cold water
1¼ cups boiling water
½ cupful sugar
2 tablespoonfuls lemon juice
Juice of one orange

Soak the gelatine in cold water ten minutes and dissolve in the boiling water. Add the sugar, lemon and orange juice; strain, pour into a wet mold and chill.

## Orange Cocoanut Custard Jelly

By adding a custard made by cooking the yolks of two eggs and a cupful of milk until thick enough to coat a silver spoon, and a half cupful of grated cocoanut, just before the gelatine begins to set, and molding in wet custard cups — a Knox Orange Cocoanut Custard Jelly will be the result.

## Orange Charlotte

By adding the well-beaten whites of two eggs to this jelly just before it sets, beating until light and frothy and chilling in a wet mold lined with lady fingers or stale cake, a delicious Knox Orange Charlotte is made.

## Orange Nut Salad

By doubling the amount of lemon juice, adding one tablespoonful each of grated lemon and grated orange rind, one-half cupful of chopped nuts to the jelly and pouring into wet molds and serving on lettuce with mayonnaise or boiled salad dressing, makes a delicious Orange Nut Salad.

*NOTE: If the Acidulated package is used ¼ of the Lemon Flavoring may be used in place of the lemon juice in this salad recipe, saving the cost of lemons.*

*Plain for general use — easily prepared.*

***"Whenever a recipe calls for Gelatine — it means KNOX"***

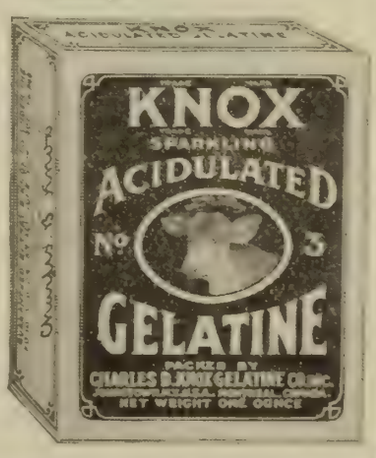
*This package contains an envelope of pure Lemon Flavor for the convenience of the busy housewife.*




Send your grocer's name and address and receive, free, my Recipe Books "Dainty Desserts" and "Food Economy," which contain many new ideas on dessert and salad-making. Any domestic science teacher can have sufficient gelatine for her class, if she will write me on school stationery, stating quantity and when needed.

**KNOX GELATINE**
**Mrs. Charles B. Knox**
**107 Knox Ave. Johnstown, N. Y.**

*NOTE: So many readers of American Cookery have asked why experts call Knox the "4-to-1" Gelatine that we give the answer here: — "Because of its economy — each package makes 4 pints of jelly — 4 times more than the flavored brands."*






UNCLE JOHN'S SYRUP

ON CRISP WAFFLES

gives them that tempting, satisfying "real flavor from the maple grove" you like so well. Pure too — just an inimitable blend of cane and maple sugars boiled down to a wholesome syrup that you'll find

As Necessary On The Table As The Sugar And The Cream

Try it on hot biscuits — griddle cakes — brown bread — steamed bread and French toast. Use it for sweetening and flavoring puddings, cakes, frostings — and for making delicious fudge and candies. You'll like it every way — every day.

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"Cake Secrets"

by
Janet McKenzie Hill

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Here is an authoritative book on the making of superbly fine cakes, pie crusts and pastries that every housewife, domestic science teacher and student should possess. Sent to any address, on receipt of 10 cents, by the makers of Swans Down Cake Flour—the old reliable product recommended and used by domestic science experts everywhere. Makes lighter, whiter, finer cakes.

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EVANSVILLE, INDIANA
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## Canny Finance

A man from the north of Scotland was on a holiday in Glasgow. On Sunday evening he was walking along Argyll Street when he came upon a contingent of the Salvation Army, and a collection-bag was thrust in front of his nose. He dropped a penny into it.

Turning up Queen Street, he encountered another contingent of the Salvation Army, and again a smiling "lass" held a collection-bag in front of him.

"Na, na!" he said. "I gied a penny tae a squad o' your folk roon' the corner jist the noo."

"Really?" said the lass. "That was very good of you. But, then, you can't do a good thing too often. And besides, you know, the Lord will repay you a hundredfold."

"Aweel," said the cautious Scot, "we'll jist wait till the first transaction's feenished before we start the second."

— *Tid-Bits.*

## Not 'Appily

Minister: "But, Hooligan, can't you live with your wife without fighting?"

Hooligan: "No, sir, I can't. Leastways, not 'appily." — ***London Opinion.***

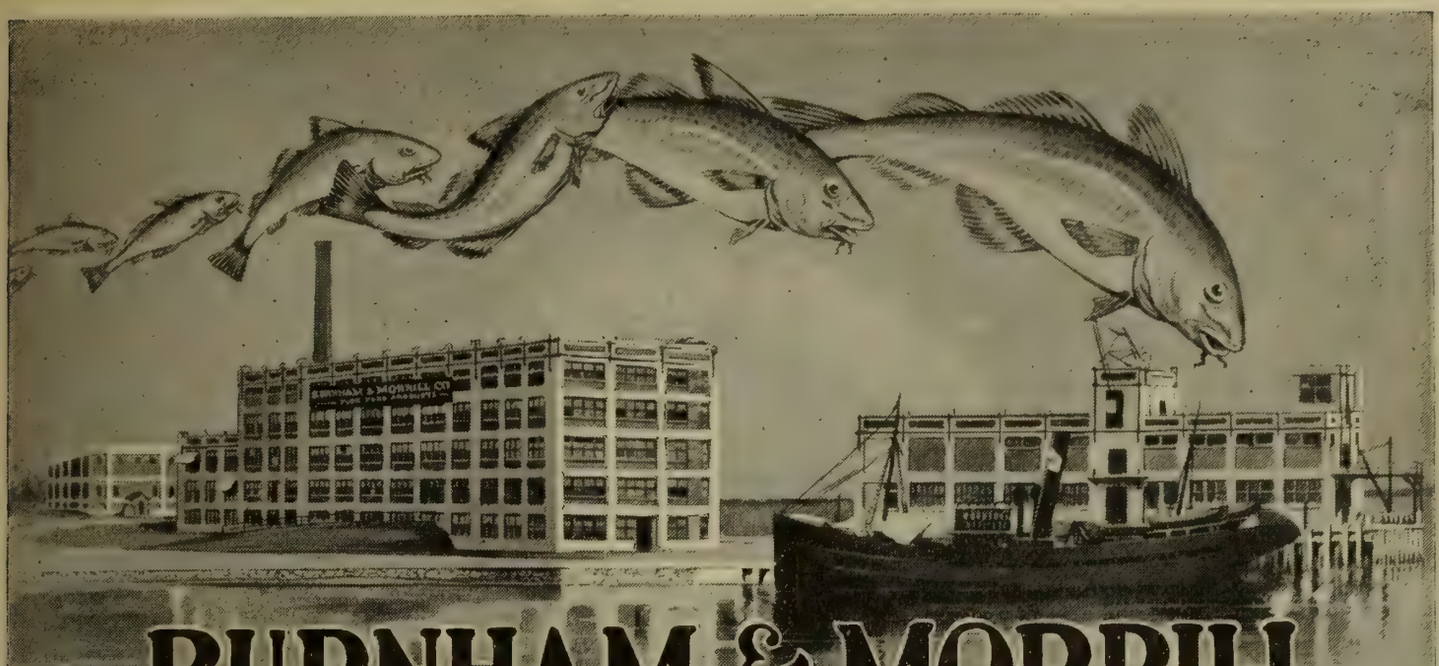
## Up to the Court

In Ohio a negro was arrested on a charge of horse theft and was duly indicted and brought to trial. When his day in court came he was taken before the judge, and the prosecuting attorney solemnly read the charge in the indictment to him.

Then the prosecuting attorney put the question: "Are you guilty or not guilty?"

The negro rolled uneasily in his chair. "Well, boss," he finally said, "ain't dat the very thing we're about to try to find out?" — *N. Y. Truth Seeker.*

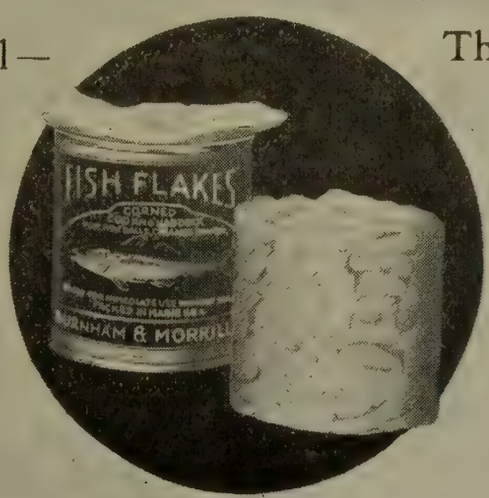
Some folks figguhs dey's hurtin' de church wen dey gits mad and quits, but dey wrong 'bout dat, — hit don' nevuh hurt de tree fur de rotten apples t' fall off! — *Hambone's Meditations.*



# BURNHAM & MORRILL FISH FLAKES

Freshly caught cod and haddock, from the deep sea direct to our large airy sea side kitchens; carefully prepared, cooked and immediately sealed in parchment lined containers—made ready for your instant use.

Extremely economical—no bones, no waste. For 1 lb. of Burnham & Morrill Fish Flakes we require 3 lbs of fresh fish; you receive only the white solid meat.



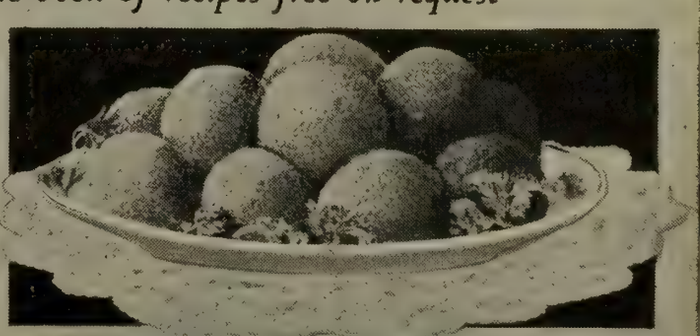

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To those who enroll this month, we are allowing a very low introductory tuition, and are giving, free, our COMPLETE DOMESTIC SCIENCE LIBRARY, beautifully bound in three-fourths leather style. This contains our full Home Economics, Lessons in Cooking and Household Engineering courses — 4,000 pages, 1,500 illustrations, — a complete professional library.

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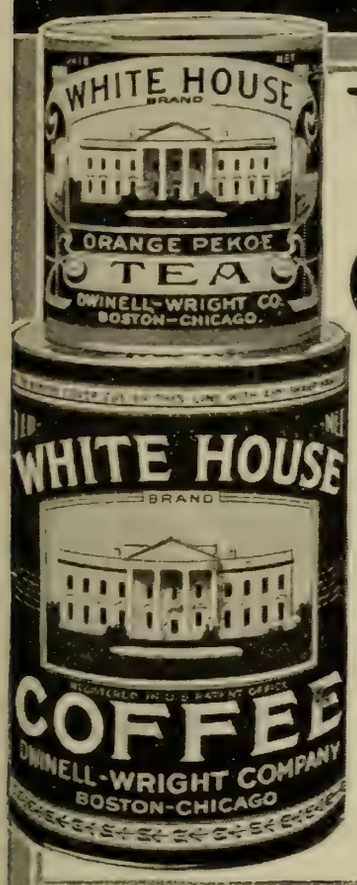
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White House Coffee and Teas are supreme among their kind, and are sold in sealed air-tight packages that keep all goodness in, all badness out.

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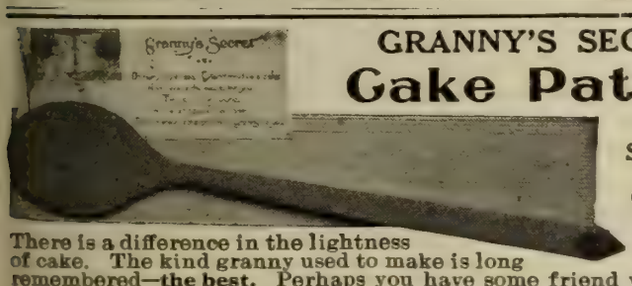
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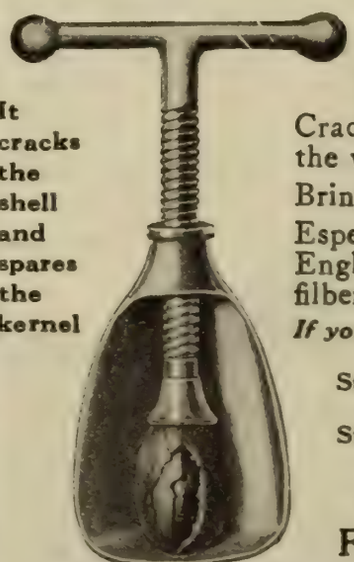
There is a difference in the lightness of cake. The kind granny used to make is long remembered—**the best.** Perhaps you have some friend who takes pride in her cake making. This cake beater cannot be beat is the universal verdict by all who **try it once. 60c.**

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## IDEAL NUT CRACKER

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Brings out the kernels whole.

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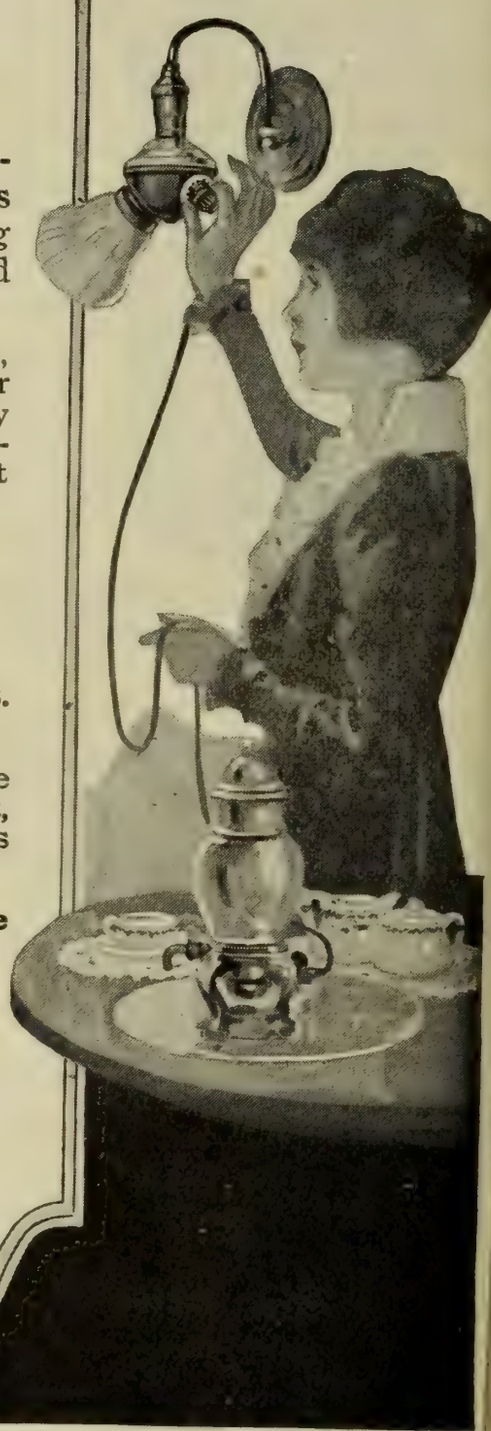
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Benjamin No. 903 Swivel Attachment Plug screws into any electric socket without twisting the cord.

NESNAH

## ICE CREAM RECIPE

### For 1 Gallon Ice Cream

**2 quarts milk** **1 pint cream**

**3 packages of NESNAH**

Heat two quarts of milk luke warm (remove from stove) drop the NESNAH into it and dissolve by stirring for one-half minute. Pour mixture into ice cream can and let it stand undisturbed ten or fifteen minutes until set: pack with ice and salt: freeze to a thick mush before adding cream, then continue freezing. Crushed and sweetened fruit can be added with the cream.

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| Chocolate | Lemon | Almond |
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MAKES DAINTY DELICIOUS MILK DESSERTS

NESNAH

## LEMON MILK SHERBET

### For 1 Gallon

**3 quarts milk** **3 packages NESNAH**

Heat three quarts of milk luke warm, (remove from stove) drop into it three packages of LEMON NESNAH and stir quickly for one half minute to dissolve. Pour into the ice cream can and allow it to stand undisturbed ten or fifteen minutes or until set. Pack with ice and salt and freeze in the usual way.

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CODFISH, as we salt it, is white, boneless and ready for instant use. It makes a substantial meal, a fine change from meat, at a much lower cost.

FRESH LOBSTER is the best thing known for salads. Right fresh from the water, our lobsters simply are boiled and packed in PARCHMENT-LINED CANS. They come to you as the purest and safest lobsters you can buy and the meat is as crisp and natural as if you took it from the shell yourself.

FRIED CLAMS is a relishable, hearty dish, that your whole family will enjoy. No other flavor is just like that of clams, whether fried or in a chowder.

FRESH MACKEREL, perfect for frying, SHRIMP to cream on toast, CRABMEAT for Newburg or deviled, SALMON ready to serve, SARDINES of all kinds, TUNNY for salad, SANDWICH FILLINGS and every good thing packed here or abroad you can get direct from us and keep right on your pantry shelf for regular or emergency use.

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# Breakfast Dishes with Cocoanut




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Cocoanut is especially good in hot breads, corn muffins, pancakes, waffles and coffee cakes.

Dromedary Cocoanut has the full flavor and original moist tenderness of the fresh nut.

The "Ever-Sealed" package keeps the unused portion in perfect condition so that there is no waste. It is economical to buy "Dromedary."

## COCOANUT AND COCOA MUFFINS

2 tablespoons butter
3 tablespoons sugar
3 tablespoons cocoa
2 eggs, beaten
¾ cup of milk
2 cups flour
2 teaspoons baking powder
1 cup Dromedary Cocoanut
1 pinch salt

Cream butter and sugar together; add cocoa and eggs and beat well. Add milk, flour sifted with baking powder and salt, then add cocoanut and mix thoroughly. Bake in well greased and floured muffin-pans.

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Our new book of Dromedary Novelt Recipes gives many unique uses of cocoanut in breakfast dishes, pies, candie cookies and desserts. **Free** on request

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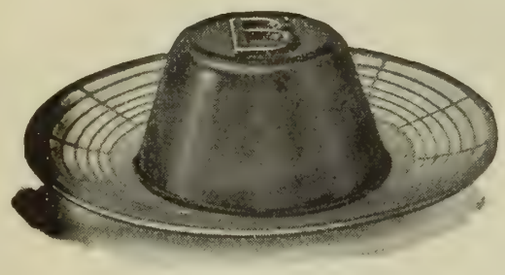
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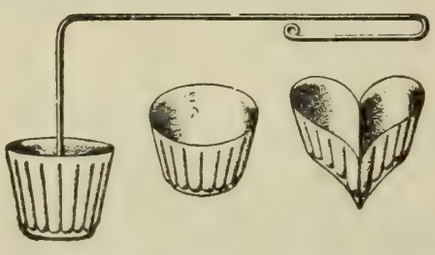
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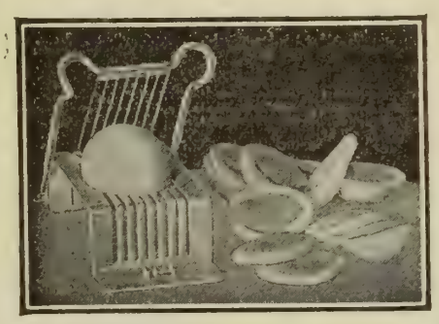
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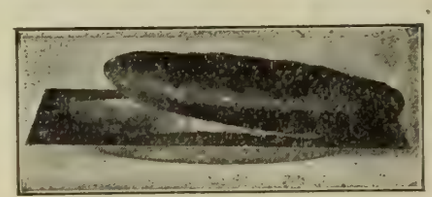
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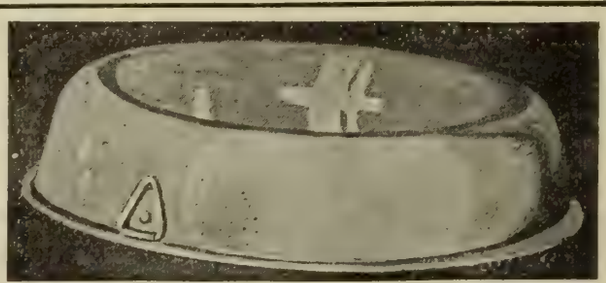
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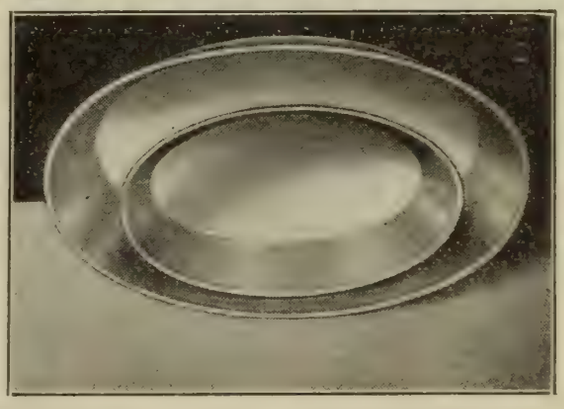


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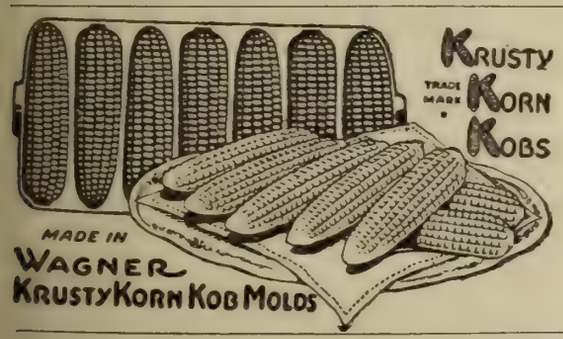


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# AMERICAN COOKERY

**Vol. XXIV** **DECEMBER, 1919** **No. 5**

## CONTENTS FOR DECEMBER


| | | PAGE |
|---|---|---|
| PLAYHOUSES FOR CHILDREN. Ill. . . | Mary H. Northend | 331 |
| FRENCH MILLINERY IN THE KITCHEN. Ill. | Blanche McManus | 335 |
| NUTS FOR UNCLE CORNELIUS . . . . . | Ida R. Fargo | 338 |
| CHRISTMAS CELEBRATIONS FROM EVERYWHERE | Marion Brownfield | 341 |
| THE DAY BEFORE CHRISTMAS IN NAPLES | Mrs. I. N. Cutter | 343 |
| CHRISTMAS CAKES FROM LONG AGO . . | Elizabeth Kimball | 345 |
| CHRISTMAS CAKES . . . . . | Alice Urquhart Fewell | 347 |
| OUT OF THE BASEMENT . . . . . | Helen C. Goodspeed | 349 |
| EDITORIALS . . . . . | | 350 |
| SEASONABLE-AND-TESTED RECIPES (Illustrated with half-tone engravings of prepared dishes) | Janet M. Hill and Wealtha A. Wilson | 353 |
| MENUS FOR WEEK IN DECEMBER . . | " " " | 362 |
| MENUS FOR SPECIAL OCCASIONS . . . | " " " | 363 |
| FOOD — AFTER THE WAR . . . . . | Florence M. LaGanke | 364 |
| SMALL CONVENIENCES FOR HOUSEWIVES | Hazel B. Stevens | 365 |
| HOME IDEAS AND ECONOMIES: — Serving Kitchen Meals — Keeping the Home Lights — Lemon Pie — Fruit as a Saver of Sugar — A Christmas Party — Use of Honey in Bread-making — The Quince — etc. . . . . | | 367 |
| QUERIES AND ANSWERS . . . . . | | 371 |
| NEW BOOKS . . . . . | | 378 |
| THE SILVER LINING . . . . . | | 386 |




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# INDEX FOR DECEMBER


| | PAGE |
|---|---|
| Christmas Cakes | 347 |
| Christmas Cakes from Long Ago | 345 |
| Christmas Celebrations from Everywhere | 341 |
| Day Before Christmas in Naples, The | 343 |
| Editorials | 350 |
| Food — After the War | 364 |
| French Millinery in the Kitchen | 335 |
| Home Ideas and Economies | 367 |
| Menus | 362, 363 |
| New Books | 378 |
| Nuts for Uncle Cornelius | 338 |
| Out of the Basement | 349 |
| Playhouses for Children | 331 |
| Silver Lining, The | 386 |
| Small Conveniences for Housewives | 365 |


## SEASONABLE-AND-TESTED RECIPES


| | | | |
|---|---|---|---|
| Batter, Fritter | 356 | Grapes, Glacé | 360 |
| Bowl, A Christmas | 359 | Pancakes, Chicken | 355 |
| Brittle, Peanut | 360 | Pancakes, Potato | 361 |
| Buns, Philadelphia Butter. Ill. | 357 | Pie, Apple. Ill. | 358 |
| Cake, Gala, with Frosting. Ill. | 359 | Pralines, Creole | 361 |
| Canapes, Coquelin Style | 353 | Pudding, Christmas Plum. Ill. | 357 |
| Caramels, Walnut. Ill. | 329 | Ring, Norwegian Birthday | 358 |
| Chicken a la King. Ill. | 354 | Roll, Jelly | 359 |
| Corn Balls. Ill. | 360 | Salad, Apple-and-Celery. Ill. | 356 |
| Dressing, Salad | 356 | Salad, Chicken-and-Pineapple. Ill. | 355 |
| Filet Mignon. Ill. | 355 | Sandwiches a l'Imperatrice | 354 |
| Fritters, Bacon | 356 | Soup, Cream of Chicken, for ten plates | 353 |
| Fritters, Parsnip | 355 | Soup, Simple Tomato Bisque | 353 |
| Fudge, Cherry | 360 | Tarts, Jelly. Ill. | 358 |
| Goose, Roast. Ill. | 354 | | |


## QUERIES AND ANSWERS


| | | | |
|---|---|---|---|
| Bread, Whys in Baking | 374 | Mincemeat | 371 |
| Brittle, Puffed Rice | 371 | Mustard, Plain and Stored | 372 |
| Frosting, Glossy Boiled | 376 | Oleomargarine compared with Butter | 372 |
| Fudge, Plain and Divinity | 376 | Pie, Lemon, with Top Crust | 371 |
| Icing, Cooked and Uncooked | 372 | Sauce, Chocolate | 372 |
| Icing, Fondant | 374 | Sauce, Bittersweet | 374 |



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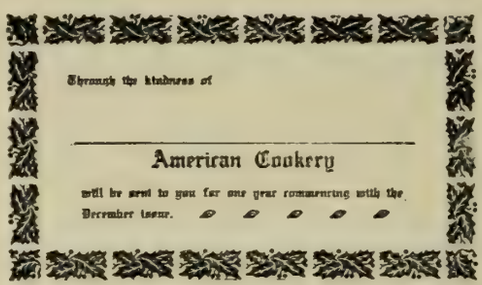
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CHRISTMAS TABLE: DESSERT COURSE, INDIVIDUAL PLUM PUDDING

# American Cookery

VOL. XXIV DECEMBER No. 5

## Playhouses for Children

By Mary Harrod Northend

NOTHING is dearer to a child's heart than a retreat which he can call absolutely his own. Happily for the boys and girls of the present day, the old-fashioned idea that any place was good enough to play in is no longer widely held. Parents are fast coming to realize the imperative need of play in a child's life, and the advisability of making adequate provision for it. For this purpose nothing is better adapted than the playhouse, and the constantly increasing number of these miniature abodes, designed and built expressly for the young people's enjoyment, speaks well for its popularity.

Had such an innovation been suggested in our grandmothers' days, it would, doubtless, have been promptly frowned upon and made the basis for a lecture on spoiling children. As a matter of fact, however, it has been proved in any number of cases that, far from spoiling them, the playhouse is most beneficial in its effects.

The pride of possessing a little domain of this sort is one of the greatest incentives to neatness and care that a child can possibly have. The responsibility of keeping it in order will work wonders in interesting little maids even in the most prosaic duties of housekeeping. And where is the boy who will not take a far greater pleasure in his carpentering, or electricity, or whatever his favorite hobby may be, if he has a retreat where he can whittle and plane to his heart's content, or invite his chums to help try experiments, secure in the knowledge that he will have no aftermath of remonstrances to endure for having "cluttered up" the house or disturbed the rest of the family?

The matter of choosing a playhouse is not a difficult one, for there are many types from which to select the one best suited to the children's needs and the parental purse. Nowhere can one find more charming examples than in our own country. Some are strictly Colonial in design; others assume the form of a rustic log cabin; while on some of the large country estates more pretentious ones are to be found, although it is doubtful if they afford any more pleasure to their little owners than those simpler in design and equipment.

A most interesting playhouse is found on the estate of Mr. Henry W. Shaw at Magnolia. It is of the cottage type, located at the very end of an old-fashioned garden, overlooking the extensive grounds.



LOG PLAYHOUSE, DRAPER ESTATE, HOPEDALE

Across the front is a covered veranda, equipped in the summer months as an outdoor living-room, where numerous jolly informal socials are held.

The entrance door, ornamented with a tiny brass knocker, opens upon a diminutive hallway, from one side of which ascends a winding staircase. An old-time hall lantern hangs from the staircase beam and adds a touch of quaintness to a pretty whole.

To the right opens the living-room, twenty feet long by ten feet wide, at one side of which is arranged a little open fireplace, in which tiny logs are always piled ready to be lighted.

To the left of the hallway is the kitchen. Here is found a stove of medium size, where the young cooks are able to bake anything they desire to make, and along one side of the wall is a dresser, fitted with glass doors, which allow glimpses of the dainty Dutch china stored within. Directly opposite is a table and roomy closet, and neatly arranged on hooks are various pans and kettles. Rag mats cover the hard-wood floor, and their cheery colorings add a touch of brightness.

The second floor contains a single room, fitted up by the owners for their own special use, and, as can be imagined, it is a typical girls' room. A dainty writing desk, fully equipped with writing materials, occupies one end, while opposite is a roomy couch piled high with downy pillows. The walls are hung with posters of every description, collected by the girls at every opportunity. White muslin curtains shade the broad windows and a pretty art square covers the polished floor, while all about are arranged comfortable chairs.

Not far from here, in the town of Manchester, is the playhouse on the Hoar estate. It stands at the edge of a smooth-shaven lawn, nearly surrounded by flowering plants, and commands an extended view of the well-kept grounds. All about the rustic supports of the spacious entrance porch, within which are arranged built-in seats, the vines of the rambler rose clamber, affording a contrasting bit of color to relieve the dull tones of the exterior finish. The interior consists of a single room, provided with all the comforts of playdom, and here numerous parties, charades, and other amusements take place.

At Nanepashemet, Massachusetts, on the estate of Mr. Frank E. Peabody, is the delightful playhouse designed after the



THE SHAW PLAYHOUSE AT MAGNOLIA, MASS.



THE PEABODY PLAYHOUSE AT NANEPASHEMET, MASS.

fashion of an English cottage, and provided with pretty latticed windows, which open outward. It is situated on the slope of a hill, not far from the main house, and the shingled finish of its exterior, stained dark red, with door and window trimmings of pure white, contrasts well with the varied greens of the surrounding lawns and shrubbery.

The quaint entrance porch, almost hidden by the vines of the crimson rambler, gives access to a single large room, which comprises the interior completely equipped with tools and other appliances for manual training. The walls are sheathed in pine, and the floor of hard-wood is stained and polished. Cosy chairs are placed about, and two center tables furnish convenient receptacles for books, etc.

From a discarded bath house was evolved the playhouse of a little Salem maid, and in its transformed state it is charming and artistic. It stands on a sloping bank that sweeps to the water's edge, and across the front extends a wide covered veranda. Broad paned windows line the house on all sides, and at the rear is a great door, with upper panel of glass. The interior is characterized by a great fireplace of brick, and in one corner, between two window spaces, is a large piano, which furnishes music for the impromptu dances which generally terminate the day's frolic.

At Beach Bluff on the Paine estate, is a fine Colonial building devoted to the children's use. It nestles in a nook among the apple trees; and at the front and sides are spacious lawns furnishing plenty of room for out-of-door sports. Parallel to the long piazza is a well-kept flower garden, which is a succession of bloom from early spring until late autumn.

The exterior is painted white with dark green blinds, and the entrance porch, of pure Colonial design, is supported by stout pillars. The interior has been planned as a place where play life can be



A TREE PLAYHOUSE

enjoyed to the fullest extent, and there is no "best furniture" to be careful of, lest it be broken, no plaster walls to watch out not to mar, and no carpets to fall over. The furniture is of substantial oak, made to fit the children, and the walls are of plain studs and outside boarding, not even painted, while the floor is devoid of covering of any sort. At one side of the main room is a great brick fireplace and above it extends a narrow mantel.

Beyond the living-room, two smaller rooms open. One is used as a kitchen, where the girls of the household can cook to their hearts' content, and the other is a workship for the boys, equipped with carpenter's bench and a full assortment of tools.

Two attractive playhouses are located at Cohasset. One is the rendezvous of a family of boys, and the other is the possession of the small daughter of Mr. Gay.

The first one has exterior finish of shingles, left to weather, with white painted trim, and across the front and rear extend broad uncovered verandas. The interior consists of a single room, fitted with serviceable furniture, and numerous devices for boyish pleasures, and the loft above affords storage space for foot-balls, boxing-gloves, tennis racquets and net, baseball bats, etc.

The second one is a four-room cottage, fully equipped for housekeeping on a small scale, with pretty latticed entrance porch, provided with built-in seats. Flowering shrubs have been planted about the front and sides, and beneath the windows are arranged window-boxes filled with pretty plants.



THE PAINE PLAYHOUSE AT BEACH BLUFF, MASS.



THE LOUP

# French Millinery in the Kitchen

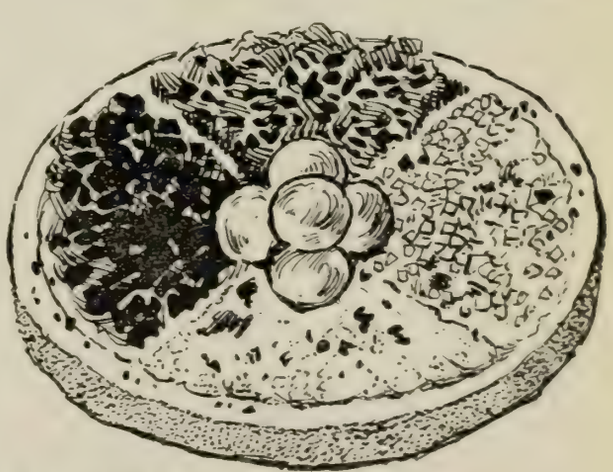
## Full Dress for Sea-Food as the French Chef Designs It

### By Blanche McManus

PICTURE a fish with a rose in its mouth! It gave me a perfectly new sensation, the day I came into the *salle à manger* at the luncheon hour, as it gave me that open-mouth welcome peculiar to the fish family from behind the wind shield of a fine specimen of à la France rose that even then did not fill up the cavern.

"*C'est un beau loup — n'est ce pas*," observed the *garcon* admiringly, as I stopped by the table on which it reposed. Yes, it was a magnificent example of this kingly race of Mediterranean finny tribes — the *loup*, thus called the wolf because of its rapaciousness in the chase of its smaller briny subjects. It measured quite three feet in length and rested on its *canapé* fully a foot and a half in height. These grand proportions naturally scorned the confines of the largest fish platter that the establishment possessed, so its huge bulk reposed on a linen-draped table, all to itself, and formed an imposing centerpiece of dining-room decoration.

Large fish with us in America are not usually considered so gastronomically choice, but the *loup* of southern French waters is an exception to all the rules



A Slice of Lemon Garnished with the Art of a Miniature Portrait. (full size)




which otherwise govern sea-food and composes itself into as choice a *plat de poisson*, when of large size as when but a few inches in length.

But it was the magnificence of its garniture that gave this superb fish the magic to draw the guests of the hotel around it to pay their compliments before seating themselves at their own tables. It formed an admirable *pattern mode* of the art of the French chef as applied to the preparation of food.

This was but the full-dress rehearsal. The *loup* was there to be admired during the period of *déjeuner*, to whet our appetites, so to say, and was only to be served at dinner that night. Consequently it was fresh out of the water and not yet tried by fire, though bedecked modishly and wonderfully for the feast. Its rosy mouthpiece was but the crowning touch to its otherwise elaborate costume.

The *loup* has an enormously large head, from which its body slopes away in wedge-like fashion to a ridiculously tiny bob-tail. In color it is an iridescent steely blue, with white about the head, and gills spread out like polished, miniature ivory fans, which from a fishy point of view were considered very handsome indeed.

There were other roses garlanded over the *loup's* backbone, pink, white, and red, looping over its plump sides as well as being scattered about like votive offerings all around the table.

Alternating with the flowers were more materialistic garnitures, incidentally for ornament, but actually forming a part of the "fixings." These were lemons, peeled so meticulously, and with such calibrated regularity, that their yellow skins formed long, graceful spirals. One end of these spirals was left attached to the peeled lemons, and these in turn formed a rampart around the fish itself. The other ends of the golden spiral stairway (if one may be permitted to grow poetic) were carried up the shiny flanks of the *loup* and held in place by slices of lemon, which buttoned themselves, as it were, down the generous backbone. It was a *chef-d'œuvre* of the painstaking care that a French cook only can be counted to bestow upon cuisine millinery.

This slice of lemon had its thin rim of skin still green; indeed, the lemon, or *citron* as the French call it, is most often used thus, its cooking flavor being considered more delicate. It was divided into quarters, one of which was heaped up with minced beet-root, another with minced carrots, a third with chopped olives, and the fourth with minced, hard-boiled eggs. On top of each was a thin slice of a red radish and as many as five green peas posed in the center of the slice of lemon, which joined up the four quarters. Each slice was then powdered with a dust of herbs — parsley, thyme, and estragon.

I have gone thus into details, because this was a particular example of culinary art, only to be compared with a miniature in the art of the painter. It was conceived with a painstaking minutiæ that




A PLAT OF MOULES

was both amusing and interesting, and represented the result of some hours' labor — and only to be looked at. For this reason I have thought that others should see this picture of a full-dress fish-function. Hence this true big-fish story.

This culinary fashion display took place in just an ordinary country resort hotel of France, but an establishment by no means of the rank of those that are classed as "Palaces." A hotel in France has received its highest patent of hotel nobility when it placards the word "Palace" before its legitimate baptismal name and henceforth blooms forth in the classification of five stars. This hotel of the big *loup*, however, is not of this class, but one where, in these days of mountainous living charges, *en pension* terms may still be had for twelve or fourteen francs a day, which at the present rates of dollar exchange in this year of Peace and Concord (*sic*) *is* less than a dollar and a half at the low figure.

That night for dinner we ate the *loup*, boiled, with a white wine sauce, for all big *loups* are boiled when served up. It proved delicious and was decidedly not a case of the dress making the fish. It was quite the star of the performance that its rose-decked mouth had promised. Americans will remark that it was not resting on a bed of ice awaiting the torture of the boiling process. The French never freeze fish when it can be got locally near to where it is caught, or even farther away. The French *cordon bleu* will tell you that extreme cold is as bad for fish flesh as extreme heat. The *gourmet* declares that the merest chilling of fish destroys its sea-food flavor immediately and renders it almost tasteless. For this reason, too, oysters are not served on a cushion of cracked ice. The French are right, particularly when the fish comes directly out of the sea before our eyes, as this did. When it comes from the water it is ready to be eaten. Why freeze, or even chill, its marrow?

There was another opening day in sea-food styles when a big, red *langouste* played the rôle of the chef's *mannequin*. The *langouste* belongs to that family of Crustaceans, which embraces also the lobster and the prawn, but is much more meaty than the former, also more tender. It resembles a lobster deprived of its weapons, as it is minus the two large, red front nippers. Instead, it has two rows of smaller claws that one may crack readily with the fingers and extract a delicate sort of a fishy marrow on the end of a two-tined fork.

This particular *langouste*, though of magnificent proportions, could still be accommodated upon the hotel's most extensive platter. There was no dress rehearsal for it as in the case of the *loup*. It was brought to the table ready to be served and eaten as the first course of *déjeuner*. It appeared in full-dress regalia; ruddy and cold, boiled, rearing proudly its two long *attennæ*, to each of which was attached a streamer of blue ribbon, which, like a pair of reins, checked up its head and was carried back and tied in a bunchy bow around its tail.

The meat had been taken out and the shell left intact and neatly closed up again. The meat was then sliced in strips about three inches long and laid in a row down the *langouste's* back. Over the slices were sprinkled fine-minced, hard-boiled eggs. The French chef greatly uses eggs in minced form as a garnish, though he may sometimes go to the other extreme and serve them whole; rarely, though, is there any *juste milieu* between these two methods.

The finishing touch to each slice of the *langouste* meat was two, small, fresh-gathered, pointed estragon leaves, the whole powdered over with chopped assorted herbs. As a framing, around the rim of the platter was a wreath of green herbs, alternating with rows of black and green olives, the black olives, large and wrinkled and briny, the green, of the *picholine* variety, smaller and nearly crescent-shaped.

With the *langouste* was served an

olive oil mayonnaise, of the virgin oil of Old Provence, tinted a salmon pink with the juice of fresh tomatoes, giving both a unique and colorful flavor.

Another example of food fashions as designed in France: This time it is the plain, plebeian *moule* or mussel, which in contrast to their humble family history are almost invariably dressed up in the *chic*-est of fashions. The *moule* may make a *plat* which ranks very high among the *récherché* culinary *chef d'œuvres* of France. Especially is this so on the Mediterranean coast, where it has attained a high popularity with both *gourmets* and *gourmands*. The sea *moules*, or mussels, are boiled, in the process of which the purple shells burst open and display the brilliant orange-colored meat behind the folding doors of its house in which it was born and has always lived. There is no such thing known as shelling a *moule*, if one wishes to preserve its flavor, at least not before they are cooked.

*Concluded on page 361*

# Nuts for Uncle Cornelius

## By Ida R. Fago

ABBIE ANDREWS was enjoying a week-end away from the polished primness of a certain law office in Portland, where she spent most of her time as expert stenographer — a week-end down at Aunt Janie's, always an enjoyable event to anticipate, as any one who visited at Champoeg could testify. Aunt Janie lived at Champoeg, and Champoeg was almost, but not quite, a suburb of Portland.

On this particular evening Abbie sat, Turk fashion, before a dancing fire in the monstrous fireplace built by the Master of the House out of rude stones found on the river's bank, such a fireplace as might cost a fabulous sum tucked into some places one might mention. But at Aunt Janie's it was merely a part of a big hospitable house. And it hadn't cost very much because Uncle Cornelius Judd (Aunt Janie's jovial mate) had built it himself. And the materials were a part of his very own farm. Truly, luxury may be a matter of locality — plus a certain amount of intelligent industry; but one needs to discover the particular luxury, perhaps, which is indigenous to one's own particular locality. Why not? However this may be, Abbie was certainly enjoying the firelight, and looking her prettiest in a little gingham gown that subtracted a quota of years and left her all too girlish, any one would guess, to be the expert stenographer of a prominent city law firm.

"That little gingham gown is the most becoming thing you've got," asserted Aunt Janie on one occasion.

"Why — it's the *simplest* little dress," objected Abbie.

"Maybe that's the reason," shrewdly suggested Aunt Janie. And then, "It's just like your Uncle 'Nelius says, 'cording to my way of thinking, a woman ain't half as pretty dolled up for a party as she is in a pretty-planned house dress."

"Why—!" wondered Abbie Andrews, but she put the thought away for future consideration.

And, it is certain, any one would admit, who saw Abbie sitting there in the firelight, Turk fashion, a flush on her cheeks, her brown braids wound about her head, and her nimble fingers busy cracking hazelnuts, that she was a pretty girl. Perhaps a pretty house dress had something to do with it. It often does.

"What you cracking 'em for?"

Cousin John, coming in from outside, dropped with a sort of lazy comfort into a big rocker, and leaning over, elbows on his knees, peered into the bowl of plump hazelnut meats.

"Nut cake," grinned Abbie.

"Too many," answered John.

Evidently Aunt Janie, having no daughters, had trained up her sons to help in the house during the idle hours of Oregon's long, rainy days. Evidently John knew that a bowlful of hazelnut meats were all too many for an ordinary nut cake.

Cousin Abbie's eyes twinkled.

"Just watch," she said.

With a long-handled poker and a long-handled shovel, she deftly lifted from a bed of ashes under a bed of coals a row of perfectly roasted potatoes; as perfectly roasted as potatoes may be when cooked in the ashes. And, very likely since the world began, there are those who believe no better way of cooking potatoes has ever been invented, be it a bonfire outdoors or a big fireplace where the cooking is done.

"Gee!" sniffed Cousin John. "Just call me. I'm ready for supper any time."

"Wait a minute," instructed Abbie.

No more than a minute she was gone, but in that minute one heard the whir of the kitchen food grinder. Then Abbie was back with a spoon, a clean bowl, a little salt, a bit of butter, and a cup of ground-up hazelnut meats. Picking up a hot potato with a well-folded tea-towel, she proceeded carefully to dust it of ashes, then broke it apart, scooped the fluffy white contents into the clean bowl, added salt, butter, and a spoonful of the ground nut meats. This done, she refilled the potato skins, pressed the parts together again, and deposited the finished potato on the well-swept hearth in front of the hot fire. It was all done so swiftly that Cousin John sat with his mouth agape and his question unasked when the task was finished.

And then—"Well, I vum!" is what he said. And not another word till a row of nutty-meated potatoes stood heating before the fire. Abbie Andrews had the nimble fingers one needs who succeeds best in the art of cookery.

"Know what you make me think of?" questioned John.

"What?" People liked Abbie because she always played up to their queries.

"A song mother sings, used to sing it to us kids when we were little shavers, I remember.

> "'She can make a cherry pie,
> Quick's a cat can wink his eye.'

Judging by the way you fill those potatoes, that's about the time you'd take to make a cherry pie. Or any other kind."

John chuckled.

"Nutty potatoes. That's a new one on me. But I'll bet a dollar they're good."

"They are," smiled Aunt Janie, coming into the room. "Abbie and I tried 'em out the other night, while you men-folk were at lodge. Now come on to supper. It's ready."

Deftly John swept the hot potatoes into the dish his mother handed him.

"And we're all ready for it," he announced. "And as hungry as a penful of pigs."

Every one laughed. Because every one was light-hearted and laughter was in the air, and good-humor as contagious as chicken pox. Why not?

"Nutty potatoes and nut cake—" questioned John presently, turning again toward his cousin as the family sat about the supper table. "Anything else you can do with nuts?"

"Toast 'em," affirmed Abbie.

(Somehow, Abbie Andrews never wasted words. It gave a piquancy to her speech. "It is the business-woman habit," she once explained to a commenting friend. "A girl can never succeed in business if she talks too much.")

"Toast 'em—?" echoed the family.

"Put the nuts in a shallow dripping pan with a bit of butter, or butter substitute, sprinkle with salt, and toast in a hot oven. It doesn't take long and they are delicious. I've tried hazelnuts and walnuts. Maybe other kinds would be good, too."

"Tell them about your hazelnut loaf," said Aunt Janie. "My men-folks are

always interested in cookery," proudly. "Most men ain't."

"Then they don't know which side their bread is buttered on," chuckled Uncle Cornelius.

Abbie turned upon him questioning eyes, big, brown, and curious. Just now, especially curious.

"If nobody takes any interest in your job, you're apt to get tired on it," explained the Man of the House. "Pretty apt to grow discontented, now wouldn't you? Maybe, be a sort of a slacker. 'Less you loved 'art for art's sake.' " Twinkles danced across Cornelius Judd's eyes. "If a body is an expert, a body likes to know it. Likes to have other folks know it, too. Likes to be told of it, come now'n then. Likes to be appreciated, some'ut. Noticed, sort of."

"Your uncle likes to talk," chided Aunt Janie.

"More'n talk to what I'm saying," asseverated the big, jovial, elderly man. "Sound sense. Most men don't know it. Cookery is a woman's job. Specially home cookery. Big job, too. Most men, as I said, don't know it, they think their own job the only thing on earth, and they want their women-folk to think the same thing — they sort of like to talk about the big things *they* are doing, and never take the time to be really interested in what their women-folk are having to do. So their women-folk get dissatisfied, and want to do something men consider *real work*. So here comes the war and gives women a chance to gobble up the men-jobs. And, by Jove, they do it. Do it good, too. And now a lot of the women want to keep on with men-jobs, cause they've got to thinking — same's their men-folk — that men-jobs is the only kind of *worthwhile* work that the world holds. Men to blame, too, say I."

A ripple of laughter went round the table.

"Dad's theory," drawled Cousin John.

"Look what a contented woman it has made out of your mother," verified Dad.

"Mother —? Oh, mother'd be contented anyhow. And anywhere. She's that kind," attested John. But the smile in his eyes was the kind of a smile mothers love to see.

"You boys stop your arguing," chided Aunt Janie.

"And give Abbie a chance to analyze Hazelnut Loaf," added her husband.

"Well—!" said Abbie. She drew a long breath, by way of beginning. "It goes this way:

"One cup of hazelnuts, ground up in the food chopper, either toasted or not; two cups of bread crumbs, rolled slightly; one large cup of skim milk, plus a good lump of butter; one teaspoonful of salt, good sprinkle of pepper, one teaspoonful of baking powder; two eggs; mix thoroughly. Pour into a greased tin and bake about half an hour."

"Sounds good," commented John.

"When you going to make it, Abbie?" queried Uncle Cornelius.

"Tomorrow," said Abbie Andrews. Aunt Janie nodded assent, and turned to her men-folks.

"Aren't you glad now that you took that half-day holiday I insisted on? — to gather hazelnuts? — They went across the river to the hills, Abbie. The hazelnuts were thick this year. Plenty for the chipmunks and men-folks, too. I told 'em the farm wouldn't run off if they took a little rest. The haying was over and the Crawfords hadn't come on yet."

"Peaches," interpolated John, looking at his cousin. "Early Crawfords; the new acreage is all set out to Early Crawfords."

"I reckon Abbie knows Early Crawfords is peaches," chuckled John's father. And then his glance went round to his wife. "I 'member that day the boys went nutting. I wa'n't to home. They 'lowed I wouldn't stand for any gallivanting about the country, letting farm work go; but ma, here, did want them nuts. She was a little anxious when I hove in and the boys not home. I see that. But, pshaw! Might 'a' known I wouldn't made a fuss. I always did agree to 'All

work and no play makes Jack a dull boy.' And what's a belief good for if a body don't live up to it?"

Father Judd's eyes twinkled around the table. He always had a bit of philosophy for every occasion; or, if need be, he could make an occasion to fit his bit of philosophy. And Abbie thoroughly enjoyed it.

"Makes Jill a dull girl, too," she added. "Next year Aunt Janie and I are going to lay off and go nutting, too. Aren't we, Aunt Janie?"

"We are," said Aunt Janie Judd.

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# Christmas Ideas and Celebrations from Everywhere

## By Marion Brownfield

MANY of us would like new and effective ways of celebrating Christmas, befitting the new order of peace and good-will that has come to mankind. Sometimes, in the last few decades, it has been with Christmas celebrations, a case of

"The world is too much with us: late and soon
Getting and spending we lay waste our powers."

Instead of so much gift-giving, a revival of some of the beautiful and dignified old-time ceremonies that make the significance of the season more vivid might have our consideration. The various customs of foreign lands, at different periods of history, perhaps will suggest new ways to us of borrowing or adapting an idea that will celebrate Christmas this year, either at home, or in public places, with such picturesque beauty that a new spirit of service, rather than gift-barter, will appeal to us.

Christmas, as the holiday that celebrates the nativity of Christ, was originally celebrated in very early spring, but as most all the nations of medieval Europe regarded the winter solstice as the turning-point of the year, when nature began a renewed life, the custom gradually developed of celebrating this Christian holiday in the period during what is now the last of December and the first of January.

In Norway, the winter solstice was the time for holding a Yule feast originally in celebration of a pagan god, and among the Scandinavians, the Yule log and the Yule cake were among the observances of Yuletide, that was a season of rejoicing and visiting.

In England, Christmas celebrations of three or four hundred years ago charm us with their quaint and simple jollity. The English always remembered every one from their neighbors down to their servants. "In the country, an English gentleman always invited his neighbors and tenants to his great hall at daybreak on Christmas morning. There they were regaled upon toast, sugar, nutmeg and good old Cheshire cheese." The house was decked with ivy and other greens.

Under the title of a "Christmas box," the general English custom, which still prevails to some extent, a small gift of money was given to postmen and other delivery men the day after Christmas, which was called "Boxing Day."

In 1100 Henry I. granted a charter to London, making it a city, and the Christmas celebration, it is recorded, consisted of a feast for rich and poor. The people gathered in the streets around blazing bonfires singing and dancing, after feasting upon oxen, deer, ale, and mead. The wassail bowl, spoken of so often in many books describing England at the time of the crusades, was another evidence of the ever-ready hospitality that the English offered to all comers.

Christmas music in England was de-

lightful carols sung on Christmas Eve, and sometimes early Christmas morning, on the doorsteps by bands of children and young folks called "waits," who were rewarded at the end of the program with money or gifts, or an invitation to enter and feast.

Many of the celebrations, strange as it may seem, consisted of superstitious testings of fortune, similar to those now practiced at Halloween. Attempts to forecast love, marriage, and good luck for the household, during the coming year, were all among the entertainments of the season in old-time England. An old rhyme that has come down to us, which prophesies in this fashion, is this one —

A MONDAY CHRISTMAS

"If Christmas day on Monday be,
A great winter that year you'll see
And full of winds both loud and shrill;
But in summer, truth to tell,
High winds shall there be, and strong,
Full of tempests lasting long,
While battles, they shall multiply
And great plenty of beasts shall die.
They that be born that day, I ween,
They shall be strong each one and keen —"

The origin of the Christmas tree has never been fully determined. Some declare it Norse, because in the Northern mythology a certain "world-tree" typified existence; others declare the Christmas tree was used to celebrate the Roman saturnalia, a December festival for all classes, and was imported into Germany with the conquering legions of Drusus. But it is interesting to know that the Christmas tree "with its dependent toys and mannikins is distinctly portrayed by Virgil," the Roman poet. The symbolism of the evergreen tree is interpreted "with its lights and fruits, the symbol of Christ who was the beginning of new life, in the midst of wintry darkness of heathendom, and the immortality of life." The candlelights also symbolized the light that came into the world with the birth of Christ. The gold thread that is entwined as decoration on some Christmas trees is called lametta and represents the golden locks of the Christ-child. The star is the emblem of the Star in the East that guided the shepherds of Bethlehem.

In Norway, sheaves of wheat, to tie on shutters or roof-poles to feed the birds, are sold on the streets just as holly wreaths are sold in the United States. Isn't this a thoughtful decoration for the home?

In Brazil, Christmas is celebrated in the home in a fashion that brings to mind the Three Wise Men. An altar — sometimes the staircase — is covered with fine linen. On the top is placed the Christ-child in a cradle, and below are placed the choicest gifts of the soil, "to show that the first fruits and best fruits should be His." Spices and myrrh, clusters of all kinds of fruit and rice and other grains deck this altar. The church steps are covered with spice leaves to make the steps fragrant when walked upon, and at night there is a Christmas celebration with —fireworks!

Perhaps, with our own new custom of Christmas trees in public squares or parks in some of our large cities, where some great singer freely gives beautiful music appropriate to the season, we are not far away from such a celebration with fireworks, strange as the idea may seem, at first, for fireworks lighting the heavens may easily take the form of Christmas symbols, and surely such a celebration is one that many — rich and poor — can enjoy!

# The Day Before Christmas in Naples

By Mrs. I. N. Cutter

LOOKING over Naples from her high places on this twenty-fourth day of December, one sees no smoke to obscure her picturesqueness, for fires, excepting of charcoal, are infrequent. Mosses are green on ridges; flowers and grasses, self-sown, nod on each ledge or peep from crevices of the old stucco walls of stained yellow or faded pink; and in gardens the December crop of oranges and mandarins hangs golden among glossy leaves. The morning has been sunny, but just now the sky is hidden, the sun sending a single shaft of light through a break in the clouds, making a line of iridescent salmon on a silver sea, while Capri has become but a cloud on the horizon and Vesuvius, gray-veiled, looks more than ever mysterious.

Up from the city, in violent contrast to nature's quiet, comes a volume of sound formed of the rattle of wheels, the cracking of whips, the clatter of hoofs, the harsh cries of drivers, the lusty voices of hawkers, the music of street musicians, the scolding of women, the chatter of children, — strident, vital, intensely human, — where but in Naples can its like be heard? And it draws one down to the streets to mingle, with a sense of exhilaration, with the vivid life below.

The characteristic life of Naples is lived in the streets. The broad doorways of the houses, supplying both light and air, stand open, and within are men and women busy at their day's tasks or seated at table taking the meal of the hour, indifferent to passers-by. In some of the houses a fire is burning on the stone floor near the door, about which children are playing; in front of others a fire has been built in the flagged street and is surrounded by chatting neighbors; and, occasionally, one passes a house before which the future meal is steaming over a lighted brazier. Here and there, one comes upon a mass of feathers left from a recently prepared fowl — tomorrow's dinner, and from an upper window a woman empties into the street such leaves as may not be included in the salad. On every hand is refuse, picturesqueness, and good cheer.

It is in the side streets of the lower city, which belong to vanishing Naples, that the scenes are most distinctive. Here, where the narrow streets are without sidewalks and the cautious Neapolitan donkeys, carrying bulging panniers or drawing tiny carts, divide the way with foot passengers, one finds a dense crowd. What delightful patches of color the fruit and vegetable stalls make in the dark streets! Oranges, mandarins, lemons, red and yellow apples, are arranged in gay pyramids; and there are tawny potatoes, vigorous-hued carrots, sheaths of vivid green beans, red cabbages, borders of purple cauliflowers, festoons of miniature yellow tomatoes and of peppers; and among the marketers moves the "Onion Boy," wearing long garlands of gold, silver, bronze, and rose, all made from gleaming onions. Here, too, are hand-carts piled with nuts, and donkey carts filled with huge pine cones from the countryside. One may purchase the cones entire or buy the kernels, which have been abstracted and boiled, and are a seasonable treat to the poor. Occasionally, one comes upon a small stall formed of a board resting upon an upturned box, at which cigar stubs, gathered from the streets, are grouped according to size and offered for sale, a given number for a soldo — one-tenth of a penny.

The distinctive Christmas sweetmeat is of boiled sugar and chopped almonds. This is skillfully formed into a remarkable variety of pretty or grotesque shapes and is seen, on this day before Christmas, borne

proudly through the streets in wooden trays on the head of the sweet-cook's boy.

But the great dish of December 24th is fish, and for days the water-side has been crowded with people watching the arrival of the small fishing boats, which are such a pretty feature of the Bay, and which have come in heavily laden. As one nears those streets converted into fish markets for the day, the cries of the vendors form an appalling chorus. More than fifty fish stalls appear in one short side street, and at each stall two and three men are shouting the wares as continuously as nature will permit, one catching up the cry when another drops it through weariness. The fish are displayed in flat baskets or alive in basins of water. Every variety of color and form in small fish held by the Mediterranean seems represented here, from lovely goldfish, a Neapolitan delicacy, to weird creatures unnamable and, one would prefer to think, unedible. The proper fish of the day, however, is eel, and eels are offered on every hand in writhing freshness.

Adding to the confusion of sounds are the voices of exhilarated and dramatic marketers, punctuated by remonstrances from the chief feature in tomorrow's feast, the chicken, being carried home through the jostling crowd.

The Via Roma, as we enter it, is a mass of people, through which a current of pedestrians and carriages is with difficulty kept moving by the yellow-buttoned Guardie. On either side the street is lined today with stalls offering gifts for sale, about which press humble purchasers. They are very appealing, these gifts of the poor, china trinkets and gay little cards, for which men and women are spending their few soldi.

Flowers are everywhere, abundant and cheap, else were it not Italy. By voices, harsh with much calling of gentle wares, are offered camellias, carnations, yellow roses, violets, candytuft, mignonette; and as we fill our hands with these we find in their familiar sweetness a link between the novel scenes about us and the dear, accustomed Christmas of home.

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## Treasures

The common things in life are all so dear;
The moon's soft rays that through the leaves doth shine,
The morning's sun on glistening waves so clear,
The clouds of gorgeous hue, are mine and thine.

The memories dear that come to us at quiet hour,
The dreams we have that do not all come true,
The songs we love, a book in shaded bower,
These priceless gifts are all for me, for you.

The friends we've loved and love may have departed,
Some gone for aye, still memory holds them dear,
The partings left us sad and broken-hearted,
The twilight shades of evening bring them near.

When all is hushed and peace to us is given,
We dream our dreams and build our castles fair,
While through the turmoil of the day we've striven,
The evening brings us surcease from all care.

— *Edith Louise Farrell.*

# Christmas Cakes of Long Ago

By Elizabeth Kimball

THE hostess, who is looking for something novel to serve during the Christmas festivities and whose patriotism would demand that it be typically American, cannot do better than turn back to her ancestors' recipes for Christmas cakes. Crisp and dainty, they were always to be found in plenty at the great family gatherings both North and South.

For Christmas there were sure to be "Plumb Cakes," while the housewife who was especially thrifty took the precaution to make "Little Plumb Cakes to keepe long." Then there were "Spanish Biscuit," and, for the sake of neutrality, "Portugese Cakes." The New Year was ushered in with bowls of milk punch and pitchers of eggnog, accompanied by seed cakes and the great "New Year's Cake" made in honor of the day.

In many families these recipes have been handed down from generation to generation as cherished heirlooms, to be used only at this time of the year. In the majority of cases, however, such recipes have been lost or neglected during the passage of the years, and Christmas comes and goes without its proper share of little cakes. Any one, who has had an opportunity of tasting these sweets in the homes where they are still made, will welcome the chance of making them and of adding an element of novelty to the usual Christmas menu.

The true spirit of Christmas can be gained only if one personally directs the making of these little cakes. While it is no longer possible to emulate the thrifty housewives of bygone days to the extent of having half a dozen pickaninnies seeding raisins, slicing citron, and stemming "ye raisins of ye sun," there is still a great deal of pleasure to be derived from the preparation of these dainties. The present-day housewife who envelops herself in a big apron, mixes, cuts cookies and bakes to her heart's content, will feel more of the real Christmas spirit and find more joy in giving — if the gifts are the result of her handiwork — than if she were to spend thrice as many hours haunting the shops.

Among some people there is, unfortunately, an impression that colonial cookery means inaccurate, extravagant recipes. How false this is, any one who has given serious study to the old cookbooks will be eager to testify. The supposed opulence of our ancestors' tables has possibly helped to create this idea. It must not be forgotten, however, that they were cooking for families and dependents two or three times the number of those of today. When reduced and given the proper proportions, their quaint old dishes have a charm and flavor which few things of today can rival.

The first baking to which the housewife would turn her attention was the "Little Plumb Cakes" with their promise to "keepe long." For these she used the following recipe.

## "Little Plumb Cakes"

- 4 cups flour
- 1 cup sugar
- 1 cup butter
- 1 teaspoonful mixed spices
- 3 eggs
- ½ pound currants
- ¼ teaspoonful salt
- ½ pound seedless raisins

Mix the flour, sugar, spices, and salt together. Beat the butter to a cream; add eggs, well beaten, raisins, currants, and flour mixture. Beat well for ten minutes. If properly mixed and beaten, this will form a stiff paste. Dredge flour on tin baking sheets and drop batter the size of a walnut on them. Bake in a brisk oven.

The following recipe for seed cakes dates from the year 1700, but the centuries which have passed since then have robbed the little cakes of none of their deliciousness.

## Seed Cakes

- 1 cup butter
- 2 cups sugar
- 4 eggs
- ½ cup rosewater
- 3 drops oil of cinnamon
- ½ cup boiling water
- 3 tablespoonfuls caraway seed
- 4 cups flour
- ½ teaspoonful saleratus
- ½ teaspoonful salt

Wash the butter in rosewater, cream, and add sugar. Beat the eggs well and add to the first mixture with the spices (three-fourths a teaspoonful of powdered cinnamon may be substituted for the oil) and soda dissolved in the hot water. Add flour and, if necessary, a little milk to form a stiff paste. Drop on buttered paper in lumps the size of nutmegs. Bake in a moderate oven.

For the "great cake" which the season demands, cider cake will form a pleasant variation from the usual fruit loaf — while those who insist on their "plums" may add a cup of raisins and currants to the recipe. Our forefathers of 1796 made their cider cake in the following manner.

## Cider Cake

- 3 cups flour
- 2 cups sugar
- 1 cup butter
- 3 eggs
- ¼ teaspoonful salt
- 1 teaspoonful soda
- 1 cup cider
- 1 teaspoonful cinnamon and allspice, mixed

Mix flour, sugar, salt, and spices together. Work in the butter until no lumps remain. Add the eggs, well beaten, and the cider in which the soda has been dissolved. The dough should be fairly stiff. Bake in a moderate oven. Cover with a brown sugar frosting.

By 1800 the colonists had forgotten their grudge against the mother country sufficiently to indulge in "English Cakes" for Christmas — and to enjoy them!

## English Cakes

- 1 cup sugar
- 1 cup butter
- 3 eggs
- ½ teaspoonful grated nutmeg
- 4 cups flour
- ½ pound currants
- ½ teaspoonful salt
- Sour cream
- 1 cup walnut meats

Cream the butter; add sugar, spice, salt, and eggs, well beaten. Stir in the currants, nuts, and, alternately, the flour and sufficient sour cream to form a stiff dough. Drop from a spoon on pans lined with buttered paper. Bake in a hot oven. If preferred, they may be rolled out and cut in fancy shapes.

Spanish Biscuits were considered a great delicacy about 1825, when they were always served with Portugal Cakes.

## Spanish Biscuit

- 4 eggs
- 4 tablespoonfuls sifted sugar
- 4 tablespoonfuls flour
- ¼ teaspoonful salt
- Grated rind of 1 lemon

Separate the eggs and beat the yolks twenty minutes. Add the sugar gradually. Fold in the stiffly-beaten whites, then the flour and lemon peel. Drop by spoonfuls on buttered paper and bake in a quick oven.

## Portugal Cakes

- 2 cups flour
- 1 cup sugar
- 1 cup butter
- 2 tablespoonfuls rosewater
- 5 eggs
- 3 teaspoonfuls baking powder
- ½ pound currants
- ½ teaspoonful salt

Sift together flour, sugar, salt, and baking powder. Rub the butter into it until it is the consistency of grated bread. Add currants, well-beaten eggs, and rosewater. Bake in a loaf in a moderate oven.

"Pepper Cakes," which we moderns would be likely to designate by the milder term of "Honey Cakes," were always a Christmas favorite. The following recipe was used in the old world in 1743 before it was brought to America.

## Honey Cakes

- 1 cup sugar
- 1¾ cups honey
- 1 teaspoonful cloves
- ½ teaspoonful ginger
- 1 teaspoonful cinnamon
- ½ teaspoonful salt
- ½ teaspoonful nutmeg
- ¼ teaspoonful pepper
- 1 teaspoonful anise
- 1½ cups rye flour
- 1½ cups wheat flour

Sift together spices, salt, and flour. Put honey and sugar in a pan and let the mixture boil up. Then pour it on the flour mixture and stir until a thick dough is formed. If necessary, add more honey or flour until the paste is stiff enough to roll. Roll into small balls and bake in a moderate oven. When cool, dip each ball separately in a thin white frosting.

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# Christmas Cakes

## By Alice Urquhart Fewell

AS the Holidays draw near again the busy housewife begins to turn her thoughts towards Christmas sweets and goodies, for Christmas would not be complete for the kiddies without the usual cakes and candies which mother is sure to prepare. What kind of cakes shall we have this year? This question is being asked in many homes, and the answer to it may be found, in part at least, in the suggestions that follow. Here are several new cake recipes, and two attractive and unusual designs for decorating Christmas cakes, which will make an especial appeal to the little ones.

The Orange Marmalade Cake that follows is delicious, and has the advantage of keeping well; in fact, it improves with age just as a fruit cake does. This cake may be made a week or more before Christmas, and frosted on all sides with brown sugar frosting. The marmalade keeps the cake moist and fresh, and it will remain so for some time, even after it is cut.

### Orange Marmalade Cake

⅓ cup butter or ¼ cup vegetable fat
1 cup sugar
2 eggs
½ cup milk
1 cup orange marmalade
1¾ cups sifted flour
3 teaspoonfuls baking powder
1 teaspoonful cinnamon

Cream the butter; add the sugar gradually, and eggs well beaten. Mix and sift the dry ingredients and add alternately with the milk. Add orange marmalade, and bake in a loaf pan. This cake requires a moderate oven and should be baked about fifty minutes. Frost with brown sugar frosting, and wrap in paraffin paper, if the cake is to be kept any length of time.

Eggs are scarce in the winter months, and this recipe for "eggless" fruit cake should make a strong appeal.

### Fruit Cake (Without eggs)

1 cup sour milk
1 cup sugar
2 cups flour
½ teaspoonful salt
½ teaspoonful cinnamon
½ teaspoonful cloves
½ teaspoonful nutmeg
2 tablespoonfuls soda
½ cup raisins
½ cup sliced citron
4 tablespoonfuls melted butter

Add the sugar to the sour milk. Mix and sift the dry ingredients, and add gradually. Add fruit, and melted butter last. Beat well. Bake in a slow oven for one hour. Dates or figs may be substituted for one-half the citron, or other combinations of fruit made instead.

### Four-Minute Fruit Cake

⅔ cup soft butter or chicken fat
2½ cups brown sugar
4 eggs
1 cup milk
3½ cups sifted flour
2 tablespoonfuls cocoa
½ teaspoonful mace
1 teaspoonful cinnamon
2 tablespoonfuls baking powder
½ pound raisins
¼ pound stoned dates, cut fine
¼ pound currants

Put all the ingredients into a bowl together, and beat vigorously with a wooden spoon for four minutes. Bake in loaf pans for forty-five minutes. This is a very satisfactory fruit cake, and a great time saver.

## Orange Gelatine Cake

Bake sponge cake in deep round layer cake pans. Mold orange jelly in the same pans, which have first been moistened with cold water. Have one layer of the jelly to every two layers of the cake. When the jelly is firm, dip the pan for a second in hot water, then place one of the sponge cake layers on top of the jelly, and on top of this place a large cake plate upside down. Hold the three firmly together and turn the plate over so that the cake will rest on it, and the jelly will turn out from the mold on top. Now place another layer of sponge cake on top of the jelly, and frost with orange frosting.

Milk chocolate frosting makes a nice change for Christmas cakes, and is always a favorite with children, since it produces quite a different flavor from ordinary chocolate frosting.

## Milk Chocolate Frosting

1 cup sugar
½ cup boiling water
Whites of 2 eggs
1 teaspoonful lemon juice
1 large cake milk chocolate

Put sugar and water into a saucepan, stir until it boils, and then boil without stirring until the syrup will spin a thread when dropped from a fork. Remove from fire, and pour slowly over the whites of eggs that have been beaten until stiff. Beat until thick enough to spread. Spread this frosting on the cake, and when dry cover it with milk chocolate which has been melted over hot water. The water under the chocolate must be considerably below the boiling-point. The chocolate will make a thick coating over the white frosting and will dry quickly.

Another use for milk chocolate in making Christmas sweets may be found in substituting it for confectioner's chocolate when dipping bonbons. Try dipping white and pink marshmallows in melted milk chocolate, and allowing them to dry on paraffin paper. One could hardly find a more simple form of candy for the kiddies than this, and yet they resemble the rich French candies in appearance.

## Decorating Christmas Cakes

The attractive appearance of the Christmas cakes is of prime importance, and children especially are interested in fancy decorations. The cake, illustrated on page 359, is baked in a pan made to represent a Christmas star. These six-pointed star cake pans may be purchased at any "ten-cent" store. The cake is frosted with white frosting, and decorated with tiny red candies. The candies outline the star, and are put on just as the frosting begins to dry. A pair of tweezers will be found convenient for handling the candies. The top of the cake is decorated with candies, and with some of the frosting forced through pastry tubes in various fancy shapes. A sprig of evergreen completes this very attractive Christmas cake. The cake on page 360, made to represent a snow-covered house, is quite suitable for a children's Christmas party. The little house is worked out in considerable detail, even to the chimney for Santa Claus. The cake is made in two sections, and is baked in two bread pans. When the cake is cold, cut the top from one of the loaves, so that an even rectangular piece is formed with a flat surface on top. This is the body of the house. The roof is made by cutting the other loaf to form the sloping sides, as shown in the illustration. Place the roof on top of the body, and secure with several toothpicks so there will be no danger of slipping. (The cake left over after cutting the roof may be kept and served with a hot sauce for a dessert.) The chimney of the house is made from a piece of stale bread. Cut the chimney the correct shape with a sharp knife, and then toast the bread lightly to give it firmness. Secure this chimney to one end of the house with toothpicks. The entire cake

may now be frosted with white frosting. Just before the frosting begins to dry sprinkle coarse granulated sugar over the sides of the roof to represent snow. This will glisten and give a very attractive appearance. The door and windows are outlined with Angelica cut into thin strips. The lower edge of the roof is also outlined with Angelica, and the door-knob made from a tiny red candy. If one wishes to make it even more realistic, the chimney may be frosted with red frosting, made by the addition of vegetable coloring to white frosting. A small figure of Santa Claus, either standing near the base of the chimney or on the roof, would give an added touch to the cake.

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# Out of the Basement

By Helen C. Goodspeed

State Supervisor of Home Economics

IN many places, home economics is in the basement, in body and in spirit. In body, because it came as an afterthought in curriculum-making and there was no room for it above ground. Temporary quarters were arranged for in the basement, always with the thought that in the new building it would be different; but, somehow, starting in the basement has been a definite handicap in that it has made an association with below-ground quarters, which has become an obsession with some of our best architects.

Should we select the least attractive rooms in the school building for teaching home-making ideals and all that term includes of House Selection and House Furnishing, Sanitation, and Hygiene, Child Care, and Food and Clothing for the family, not to mention the related psychology, sociology, eugenics, and philosophy which are an essential part of the good home-making course? All the people who, in their thinking, place Home Economics in the basement are strong in their belief that we must look to the American home to furnish us with the ideals that make for citizenship. Since we all agree that untrained men and women do not make the best home-builders, then the right kind of training for home-making is one of the big issues of the day. Why not give it as important a place in our school building and in our school curriculum as we do in our minds, when we say that the American home is the glory and the hope of American civilization?

The Home Economics Department is in the basement in spirit, in the opinion of academic teachers, here and there, who tend to slight it in arranging programs and in guiding the students on registration days. From their point of view, Home Economics can be omitted from the daily program of the students with little or no detriment, from an educational point of view. This lack of understanding of what the Home Economics Department is trying to do may be summed up in a remark made recently by an English teacher in a high school, who said: "Isn't it too bad to be spending so much money in teaching cooking, when prices are so high?"

Home Economics seems to have been left in the basement and in the rear end of the great educational movement toward new and better methods of teaching. Superintendents and principals have for some time studied with their teaching force the problem-project method of teaching reading, arithmetic, geography, and history. They have advocated the socialized recitation and other up-to-date ideas, as applied to academic

*Concluded on page 382*

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OF

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## Yuletide!

YULETIDE — season of all the year
Brimming over with love and cheer,
Spurning grasping and selfish greed,
Urging heed of a brother's need!

YULETIDE — season of all the year
Bidding thoughts of our friends so dear,
And of HIM the great Friend of friends
Whose kind blessing on all descends!

Hearts should beat with a purpose true,
Friends should pledge sacred ties anew,
Souls imbibe as their chosen guide
Christ's sweet message — this glad YULETIDE!

— *Caroline Louise Sumner.*

## WORK AND SAVE

WE are living at too high a cost. As wages are increased the cost of all things goes up. What is to be the end or limit of it all? It is a wicked thing to demand an increase of wages at this time, and always for the same reason. A proper adjustment of salaries and wages cannot be made until the production and cost of commodities return to something like normal conditions again. Why not demand that the price of all things, especially of necessary things, be reduced, and go to work to see that it be brought about speedily. The way is not to stop work and spend lavishly what may have been saved under extraordinary conditions; far better it were to work steadily and save prudently. Acceptable to everybody is the current opinion.

"The laboring man deserves all he can get out of life and then some. But he will never be strong for his own welfare economically, socially, or politically until he learns to save systematically."

## CHARITY

THAT was a good editorial recently in the *Saturday Evening Post* on "Drives, Drivers and Driven." The gist of it may be summarized somewhat in this wise. This is a bad year for large and numerous drives to prosper, even for the most worthy objects. The public is now bearing all the burdens it can stagger under and needs respite and relief for a season. The drivers should be demobilized and engaged in some more useful and helpful occupation, while the already overtaxed and overburdened public should ignore all promoters, "the only authorized recording angels of philanthropy," and buckle down to the task of a general housecleaning and a possible solution of our own economic and social problems. The writer of the editorial referred to above says:

"Wise charity will decrease, unwise increase, the cost of living. The latter is simply another tax, lightly imposed, wastefully spent. Also, when one helps an undeserving object he is keeping men and women out of useful industry where they are needed to make and sell goods. Necessary and well-managed charities will naturally demobilize every worker that can possibly be spared to production."

We as a people can render the best service to suffering humanity abroad through intensive industry and prudent economy in the conduct of affairs at home. In a word, we must work more and spend less. We should get out of Europe and see to it that disloyal propagandists and

evil agitators of unrest get out of America. Revolution is disastrous and ruinous in every sense; evolution is slow, constructive, and unerring; it is the natural law of human progress and welfare. With nature and nature's laws we should ever co-operate. Let charity begin at home.

## APOLOGY FOR WRONGDOING

IT is high time that apology for wrongdoing be discontinued. Things should be called by their proper names and no transgressor let go uncondemned. During the late war, the modern pacifist, the so-called parlor pacifist, has said much in way of apology for evil and wrongdoing, until the moral conscience of people seems to have become weak and uncertain, no longer able to discern keenly between truth and error, justice and injustice. Early in the war we had the pleasure to listen to a single lecture by a great leader of pacifism in America. His first sentence was, "Nobody began this war." This seemed to us like an apology for some one, and the same note ran through the entire discourse. Now everybody knows, and did then, who began the war, and all about it. There was no uncertainty connected with this event. We also know that the single issue to be decided was the moral issue: shall might or right prevail on earth? We hope the matter has been settled for all time. Certainly it has cost enough in treasure and the best blood of the world.

But are we still to apologize for the evildoer and condone his wrongs? In a recent Conference of Churches no little was said in way of apology for the ills and wrongs of society, especially as revealed in the great social unrest of the day. Among other good things said and done by this conference, it unanimously adopted the following resolution:

"We, as members of the Unitarian General Conference, reaffirming our allegiance to our faith in the dignity of human nature and our interest in the physical, moral, and spiritual welfare of all human beings, hold that the following principles should be the basis of industrial reconstruction: That industrial democracy, involving a conception of industry as a co-operative enterprise and the equitable sharing by all the partners of the rewards, control, and *risks* of their common undertaking, is the natural and proper corollary of political democracy."

Surely this is excellent and above cavil; it should be acceptable to everybody. However, we invite attention to a single word in the statement, *risks*, which we print in italics. Right at this point, on this one word, lies the gist of the whole situation of the labor question. Here is the moral issue. Will some one guide us to the occasion and point out the place where striking organized labor has ever expressed, or hinted at, a willingness to share in the *risks* of a common undertaking? We stand for law and order. We favor every cause that is legally, justifiably, and morally right. From a social point of view, the greatest thing to be desired on earth is righteous government.

## ECONOMY IN FOOD

THE following excerpts from an English publication on "How to Economize in Food" and "Continental Cooking Frugality" are equally well applicable to the needs of America.

"Every man, woman, and child in the country who wants to help the State this coming winter can do so by giving thought to the question of how to economize food. If all the food that is now being wasted could henceforth be saved and properly used, the country would have more spare money and each family would have more money to save and invest, and the prices of food materials would be kept down. We can all help our country every day and every hour to gain these advantages by stopping all waste of food in our homes.

"There is another side of the food question in which every one of us can help

to strengthen the position of our country in the shortage which is expected this winter. We can consume less of certain foods, which are more difficult to obtain in full quantities, and which, therefore, rise in price. In the case of some of these — meat, for example — we can replace them, in part at any rate, by other food materials which are cheaper and more plentiful. This can be done without injury to health or strength in any way, and there is a great variety of dishes to be found in the vegetable and cereal world, quite as nourishing as meat dishes.

"In France and Flanders vegetable cookery is really an art, almost unknown to the domestic cook in this country, who cannot be got to understand that the finer vegetables ought to be prepared with especial care as separate dishes. And there is one golden rule to observe: Let as short a time as possible elapse between the cooking of the vegetables and the eating of them."

"How often do we hear it advanced as a matter of reproach that we differ so much in our methods of making use of cold meat, left-over fish and vegetables, from the style prevailing in France and Italy. There is no reason why we should not revel in the delightful dishes which our neighbors across the sea know how to prepare and cook so well and so economically.

"A few spoonfuls of nicely flavored and seasoned minced meat or fish make an appetizing and nutritive dish, spread on hot buttered toast, used to stuff baked potatoes or tomatoes, or else served with poached eggs. Meat pies require much less meat, if sliced potatoes or other root vegetables, or a little cooked macaroni or rice, is added and is carefully blended with the meat. Potatoes should really only be cooked in quantities that are actually needed, but if any should be left over they may be sliced and fried and served to eke out a small supply of bacon or sausages for breakfast, sliced and added cold to salads, or mashed and employed as a substitute for bread-crumbs in 'shepherd's pies,' fish cakes, etc., or made into the delicious and appetizing potato cakes or bread so largely used in Ireland, which not only save wheaten flour, but are very nutritious."

---

It is manifest the world over that only by increased production and persistent frugality in the use of food-supplies can the food problem be solved and the cost of living be reduced. By combining or co-operating, American housewives could end the present frightful cost of living in three months.

Of late, it is said, a wave of community feeling has swept the country.

"This community spirit says: I am under obligations of service to my neighbor next door, whoever he is. I am under obligations of service to my community; I am no longer a resident, only, I am a responsible citizen. I must make it my duty to see that the schools and churches teach first of all good citizenship.

It is not difficult to perceive that when this sense of neighborhood obligation gets possession of the will and feelings a better community and a better state will result, and the evils of profiteering, industrial over-reaching, and political greed will disappear."

## Christmas

The snow lies deep on the moorlands,
  The night sinks gently down,
While the chill wind's sad vibrations
  Shake the forest bare and brown;
But although the night is dreary,
  There's a glory in the skies;
For, behold, the little Christ-child
  In a manger lowly lies.

Oh, wild winds, carry the story,
  And spread the tidings afar
That the birth of the King of Glory
  Is heralded by a star!

Oh, angels, with exultation
  Sing loud your praises sweet
While the wise men haste from distant lands
  To worship at his feet!
For he was by angels welcomed,
  And by prophets long foretold,
So they travel far through the gloomy night
  To offer him myrrh and gold.



ROAST GOOSE WITH SWEET POTATOES AND APPLES

# Seasonable-and-Tested Recipes

## By Janet M. Hill and Wealtha A. Wilson

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

### Simple Tomato Bisque (Soup)

SCALD one quart of milk with a stalk of celery and two slices of onion. Press enough cooked tomatoes through a sieve to make one pint; add half a teaspoonful of salt and pepper as desired. Stir one-third a cup of flour and a teaspoonful of salt with milk to make a smooth batter; dilute with a little of the hot milk, stir until smooth, then stir into the rest of the hot milk. Continue stirring until smooth and thick; cover and let cook fifteen minutes. Strain into the hot purée, mix thoroughly, and serve at once with croutons.

### Cream-of-Chicken Soup for Ten Plates

Let two quarts of chicken broth (the better and richer the broth the better the soup) with two or three stalks of celery, a few slices of carrot, and half an onion simmer twenty minutes. If the soup is to be made from the framework and trimmings of roast fowls, discard all stuffing, cover the whole with cold water and let simmer an hour, then add the vegetables, simmer fifteen minutes and strain. Melt one-third a cup of butter; cook in this half a cup of flour, a teaspoonful of salt and a dash of pepper; add five cups of milk and stir until smooth and boiling (to save time scald three cups of the milk and add, after the cooked flour and butter have been smoothly blended and brought to the boiling-point with two cups of cold milk). When all the milk has been added and the whole is smooth and boiling, add the hot broth and strain if needed. More salt will be needed. The beaten yolks of two or three eggs mixed with a cup of cream improve the soup wonderfully. Do not let the soup boil, after the egg mixture has been stirred into it.

### Canapés, Coquelin Style

From thin slices of stale bread cut out small round, square, or diamond-shaped pieces. Fry these in butter or

olive oil, and let become cold. Pound to a smooth paste one-fourth a cup, each, of butter and cooked chicken, half this quantity, each, of cooked ham and grated cheese, a dash of paprika and a little salt. Spread this paste upon the prepared bread. Garnish the paste with capers and figures cut from slices of gherkin and beet root.

## Sandwiches à l'Impératrice

Take two tablespoonfuls of thick mayonnaise dressing; add two tablespoonfuls of cucumber or celery, fine-chopped and dried. Season this with pepper and salt, and spread on thin slices of bread and butter, and on this put a layer of chopped ham or tongue. Close up the slices, and cut them into rounds with a plain round cutter; cover each with some of the mayonnaise mixture, garnish with scalloped cucumber, and a little chopped tongue; use for hors d'œuvre, second course, etc.

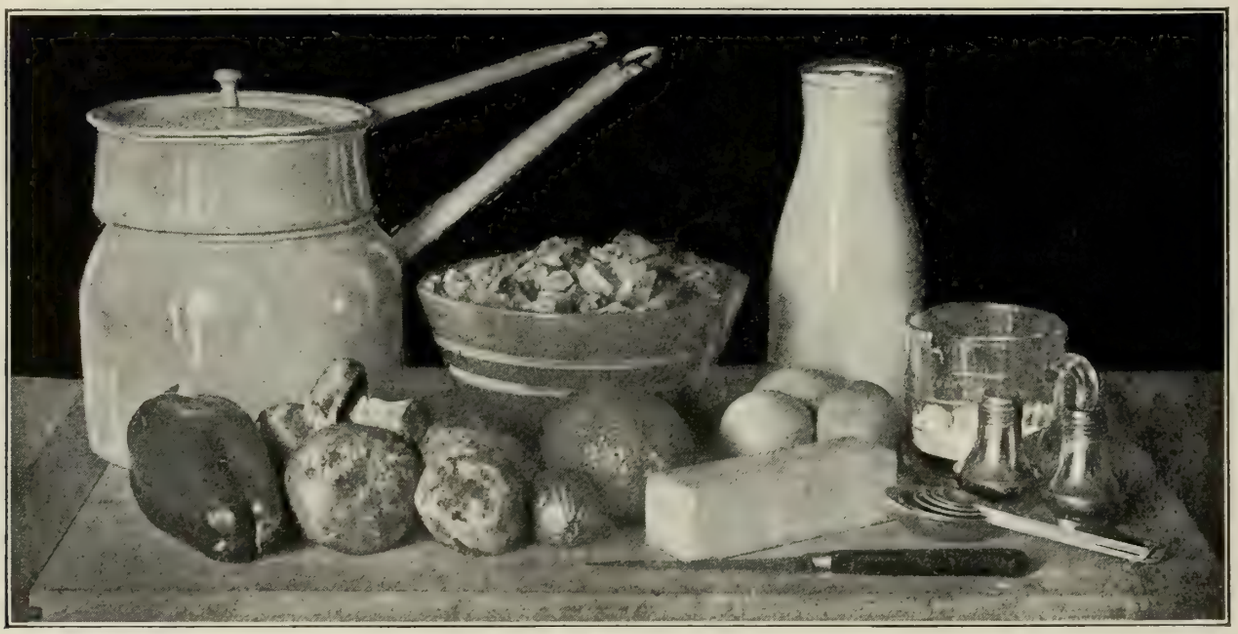
## Roast Goose

The goose should be less than a year old; one four months old is considered the choicest. Such a goose is usually roasted without stuffing. Wash and rinse thoroughly inside and out. Rub the inside with an onion cut in halves; then season with powdered sage, salt, and pepper. Put the goose, after trussing, on the rack in the pan and let cook about an hour; then pour off the fat from the pan and dredge the goose with flour; season, also, with salt and pepper. When the flour is browned, baste often with hot water, dredging with flour after each basting. If the goose be not too fat, the dripping in the pan may be used for basting, but usually boiling salted water is better. Cook until the joints separate easily, from one hour and a half to three hours. Garnish with sweet potatoes, grilled, and whole apples, boiled in syrup.

## Chicken a la King

(Often served from chafing-dish)

Melt two tablespoonfuls of butter; in it cook one cup of fresh mushroom caps' peeled and broken in pieces, and one-half a green pepper, chopped fine. After three or four minutes add two level tablespoonfuls of flour and one-half a teaspoonful of salt, and stir until the sauce boils. Set over hot water; add three cups of cooked chicken, cut in cubes; cover and let stand to become hot. Cream one-fourth a cup of butter; beat in three yolks of eggs, one-half teaspoonful of onion juice, one tablespoonful of lemon juice, one-half teaspoonful of paprika, and stir into the mixture. Continue the stirring until the egg is set. Serve on toast.



INGREDIENTS FOR CHICKEN À LA KING



CHICKEN-AND-PINEAPPLE SALAD

## Parsnip Fritters

The fritters may be made of cooked parsnips left over from a former meal. Cut off all the tender portion from the parsnips, and press through a purée sieve or a gravy strainer, set in a small saucepan. To a cup of this purée, add one-fourth a teaspoonful, each, of salt and pepper, and a beaten egg, or simply the beaten yolk of an egg; mix thoroughly and press into five or six small flat cakes. Sauté in hot butter, bacon or salt pork fat, first on one side then on the other.

## Filet Mignon

Broil four small tenderloin steaks. Place each on a slice of toast. Fill timbale cases with carrots and turnips, cut in cubes, and mixed with peas and string beans. Arrange the cases on platter with steak. Garnish with water cress and slices of lemon. Serve with mushroom sauce.

## Chicken-and-Pineapple Salad

On heart-leaves of lettuce place a slice of pineapple (canned). On this put half a cup of cooked chicken, diced or cut fine; over this spread mayonnaise dressing; decorate with narrow strips of pimiento and serve.

## Chicken Pancakes

Remove all bits of white meat left on the framework of a roast chicken. Take the bones, skin and giblets of the fowl, with as much chicken broth or water as will cover the whole, an onion, cut fine, and a piece of carrot, and simmer an hour or two. Strain, remove the fat and thicken with butter and flour; remove from the fire and stir in the yolks of two eggs, beaten up with the juice of half a lemon. Pour this sauce over the prepared chicken and let it get cold. Make one or two very thin pancakes, cut out of them eight pieces five inches long and



FILET MIGNON

four inches wide, and put them aside. Spread the pieces of pancake on a big dish, and cover each with thin-sliced cooked bacon. On the bacon set a large tablespoonful of the mince, fold the pancakes over, hold them in place with a little white of egg, bread-crumb them, and bake them a pale brown on a well-buttered dish; serve upon a napkin.

## Bacon Fritters

The supply of bacon is unexpectedly short, it can be "stretched" by making into fritters. They are also helpful, if one's palate or eye objects to the fat of bacon, which is, nevertheless, a very valuable food. Any good fritter batter may be used. It should stand for at least two hours, and may even stand over night.

## Fritter Batter

Dissolve one-fourth a teaspoonful of salt in one cup of cold water, and add it to the well-beaten yolks of two eggs, which have been blended with one tablespoonful and a half of melted butter or oil. Add one cup of flour, beat well; cover and put in a cool place for two hours or over night. When ready to use beat the whites of the eggs stiff and fold into the mixture. Either chop the bacon into rather coarse pieces or dip the slices into the batter. Fry in sufficient fat to float the fritters.

## Apple-and-Celery Salad

Mix two cups of apple, peeled and cut in half-inch cubes, and one tablespoonful of lemon juice, to keep the apple from discoloring. Mix the apple cubes with one cup of tender celery, cut in one-fourth inch slices, and with mayonnaise dressing. Add one-half a cup of walnut meats, broken in pieces.

## Salad Dressing

Into a mixing bowl, put yolks of two eggs, one generous teaspoonful of salt, one teaspoonful of mustard, one-eighth a teaspoonful of red pepper, two tablespoonfuls of lemon juice, and two tablespoonfuls of vinegar. Onto this, pour one cup of oil and do not stir.

Have ready a sauce made of one cup of water, one tablespoonful of butter or margarine, and one-third a cup of flour. Cook this about ten minutes in small double boiler. Turn sauce (hot) into bowl containing other ingredients, and beat all together, briskly, with an egg-beater, and almost immediately a thick mayonnaise will be the result. It is not only delicious, but makes twice the amount of the other kinds of dressing.

— *From Old Subscriber.*



APPLE-AND-CELERY SALAD



PHILADELPHIA BUTTER BUNS

## Philadelphia Butter Buns

Make a sponge of one cake of compressed yeast, one-fourth a cup of water, one cup of scalded milk, and one cup and one-half of bread flour; when light, add one-fourth a cup of sugar, one-fourth a cup of butter, melted; two egg-yolks, one-half a teaspoonful of salt, the grated rind of one lemon, and flour for dough; about two cups of flour will be required. Knead until smooth and elastic. Cover close and set aside to become doubled in bulk. Turn upside down on a board, roll into a rectangular sheet, spread with softened butter, dredge with sugar and cinnamon, sprinkle with currants and roll as a jelly-roll. Cut into pieces about an inch and a quarter long. The dough will make sixteen buns. Butter well the bottom of a pan of proper size and dredge generously with brown sugar; set the buns on the sugar and let become light. Bake in a moderate oven. Turn upside down. The sugar and butter should glaze the bottom of the buns. Three or four tablespoonfuls of butter and a generous half-cup of sugar are none too much on the pan.

## Christmas Plum Pudding

One-half a pound of well-chopped beef suet, two and one-half cups of sifted flour, two cups of bread crumbs, one lemon, both juice and rind; one cup of brown sugar, two eggs, one-fourth a



CHRISTMAS PLUM PUDDING

teaspoonful, each, of nutmeg, ginger, cloves, and cinnamon; one-half a pound of seedless raisins; one-fourth a pound, each, of Malaga raisins, orange peel, citron peel, and lemon peel, all chopped fine; one-half a cup of molasses, and one-half a cup of orange juice. Mix all together in a bowl, putting the liquids in last. Put in a buttered mold and let steam three hours. Reheat very hot before serving. Serve with hard sauce.

## Apple Pie

Line a pie plate with flaky pastry and fill (high) with layers of sliced apples, dredged generously with sugar and dotted with bits of butter. Brush the edge of the paste with cold water, set the upper paste in place, perforate with a fork; trim the edge even with the lower edge. Brush the top with cold water and dredge with sugar. Set into an oven hot on the bottom and reduce the heat as the pie bakes.

## Jelly Tarts

Place pieces of paste, left from the apple pie, together and roll into a thin sheet; from this cut rounds about three inches in diameter and set them on a baking sheet. Place a teaspoonful of jelly in the center of each round, brush the edge with cold water, and set a perforated round of paste above. Brush the tops with cold water and dredge with sugar. Bake as an apple pie.

## Pumpkin Pie

| | |
|---|---|
| 1½ cups cooked and sifted pumpkin | ⅔ cup sugar |
| 1 cup milk | 2 tablespoonfuls molasses |
| ½ cup cream | ½ teaspoonful salt |
| 1 egg, beaten light | 1 tablespoonful ginger |

Mix all the ingredients together and turn into a deep plate lined and finished with a fluted edge. Bake until the center is firm. The oven should be of good heat at first to bake the pastry. After ten or fifteen minutes reduce the heat. Twenty-five or thirty minutes of cooking are needed.

## Norwegian Birthday Ring

Let one pint of milk come to a boil, together with one-half cup of butter, one cup of sugar, a pinch of salt, one teaspoonful of cardamon flavor. Let cool and sponge with one cake of yeast foam. Set this at noon. In the morning, add one cup and one-half of seedless raisins, one cup of diced citron, and knead like bread with wheat flour. When raised to twice its bulk, shape to a figure "eight" (8), putting two buttered bowls in open spaces to keep its shape. Let it rise again one hour, or until very light. Glaze with one beaten egg, sprinkle with sugar, cinnamon, and shredded almonds. Bake in a moderate oven three-quarters of an hour, or until done. This makes a delicious coffee cake and will keep well. If wanted for a luncheon, sponge it at noon, the day before, knead hard at night, bake in the morning. L. K.



APPLE PIE AND JELLY TARTS

## Jelly Roll

2 eggs beaten light
1 cup sugar
Grated rind 1 lemon
⅓ cup hot water
1 tablespoonful butter
1½ teaspoonfuls baking powder
¼ teaspoonful salt
Jelly
Confectioner's sugar

Gradually beat the sugar into the eggs; add the grated rind, the butter melted in the hot water and the flour sifted with the baking powder and salt. Beat all together thoroughly and turn into a shallow pan lined with paper, well buttered. Bake about eighteen minutes, turn at once on a clean cloth, trim off crisp edges on the four sides, spread with jelly and roll over and over, keeping cloth between fingers and the cake. Roll the roll of cake in the cloth and let stand some time. When ready to serve sift confectioner's sugar over the top.

## Gala Cake

Cream one-half a cup of butter; add one cup of granulated sugar. Beat two eggs and two yolks until light; into the eggs beat one-half cup of sugar. Beat the egg-mixture into the butter-mixture, and when thoroughly blended add one cup of milk, alternately, with three cups of flour sifted with four teaspoonfuls of baking powder and one-half a teaspoonful of salt. Mix thoroughly and turn into a single cake pan, buttered and papered, and bake thirty minutes. When cool, spread with Gala Frosting.

## Gala Frosting

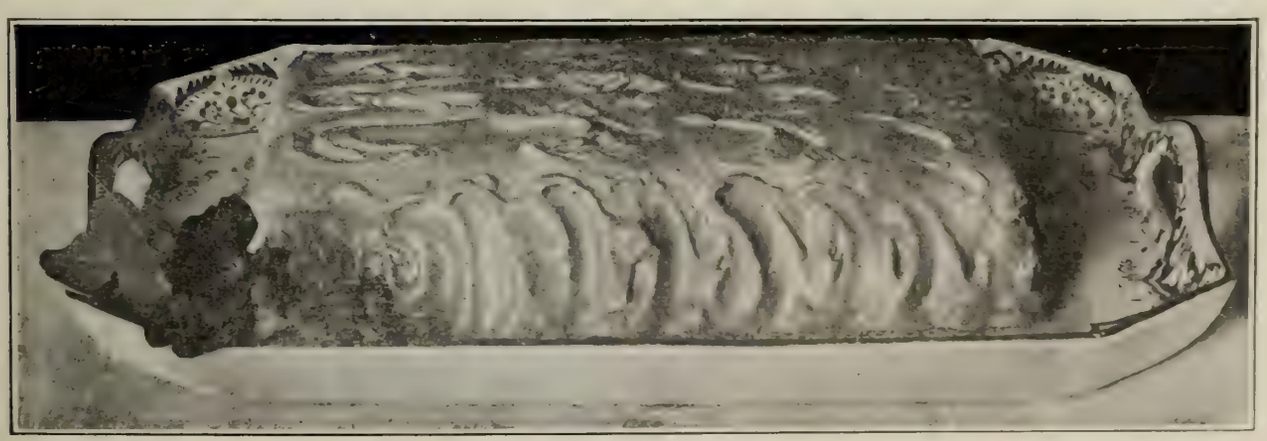
Dissolve four tablespoonfuls of molasses, two cups of granulated sugar, in one-half cup of boiling water. Cook to the soft-ball stage, then pour in a fine stream onto the whites of two eggs, beaten dry. Return the frosting to the saucepan, set it over boiling water and beat constantly, keeping the frosting moving from the bottom and sides of the pan until the mixture thickens perceptibly, then spread over the surface of the cake. Do not try to make the frosting smooth, but leave it somewhat rough.



A CHRISTMAS CAKE (SEE PAGE 348)

## A Christmas Bowl

Bake six Greening and three Baldwin apples, without removing skins or cores. When tender, add four quarts of boiling water, the thin yellow rind of three lemons and four oranges, and two bay leaves. Let simmer twenty minutes, then strain through a bag, pressing out



GALA CAKE WITH FROSTING



CHRISTMAS CAKE (SEE PAGE 348)

the juice. Boil three cups of sugar with a pint of water twenty minutes. Add to the liquid with one cup of black-tea infusion and set aside to become cold. Then add the juice from the oranges and lemons and a small bottle of maraschino cherries with the syrup. Let stand several hours before serving.

## Corn Balls

Put three tablespoonfuls of butter in a saucepan. When the butter is melted, add two cups of molasses and two-thirds a cup of sugar. Stir until sugar is dissolved. Boil until, when tried in cold water, the mixture becomes brittle. Pour over six quarts of popped corn. Butter fingers and shape into balls.

## Grapes, Glacé

Either Tokay or Malaga grapes are suitable for this purpose. Pick the grapes from the bunch, leaving a short stem on each. With a damp cloth wipe each grape with care. Melt two cups of granulated sugar in one tablespoonful of glucose or corn syrup and one cup of boiling water; with the tips of the fingers, wet repeatedly in cold water, wash down the sides of the saucepan, then cover and let cook three or four minutes; uncover and let cook to 295° F., or until the syrup is just on the point of changing color. Remove from the fire to a saucepan of boiling water. Drop the grapes, one at a time, into the syrup and remove with a candy dipper to a tin or aluminum surface. No better confection is made, but they will keep only one or, at most, two days. Halves of English walnut meats, preserved chestnuts or cherries (carefully dried) may be prepared in the same manner.

## Peanut Brittle

Boil one cup and a half of granulated sugar, half a cup of Karo, and two-thirds a cup of water to about 270° F., or until brittle in cold water; add two tablespoonfuls of butter and half a pound of small raw (Spanish) peanuts (blanched or not, as desired). Stir and cook the peanuts in the syrup until they are thoroughly cooked; add a teaspoonful of soda dissolved in a tablespoonful of cold water, and stir vigorously. When the mixture is through foaming, turn it on an oiled marble or platter, let cool somewhat, then turn with a spatula and pull into as thin a sheet as possible.

## Cherry Fudge

Dissolve one cup and a half of granulated sugar in half a cup of milk; add one



CORN BALLS

tablespoonful of red-label Karo and let boil until a little of the syrup will form a soft ball when tested in cold water, or to 238° F. on the thermometer; add two teaspoonfuls of butter and set on a cake rack to cool; when cold, beat until the mixture begins to thicken, then turn on an oiled platter or marble. Break off small pieces, and knead until smooth, adding slices of cherries, meanwhile; press one after another into a small pan. When cold and firm, unmold and cut in cubes.

## Creole Pralines

Stir three cups of granulated sugar and one cup of thin cream, or a cup of rich milk and two tablespoonfuls of butter, over the fire until the sugar is melted. Then boil, without stirring, to the soft-ball stage. At the same time stir one cup of sugar over the fire until it becomes caramel. Pour the first mixture into the caramel, and let boil up once. Take from the fire, and beat until thick, adding quickly at the last moment three or four cups of pecan nut meats. Drop, by spoonfuls, onto buttered plates or marble.

## Potato Pancakes

*An unusual rule*

This rule for potato pancakes was given me by a Russian girl, whose family, she said, had had these cakes for breakfast every Sunday morning ever since she could remember. The flavor, I found, is unusual, and good; and the cakes need to be tried only once in order to be adopted by family consent upon the regular menu. Here is the rule:

Three large potatoes. Peel them and let them soak in water overnight. Then grate them into a bowl; and add

½ cup flour
1 teaspoonful baking powder
1 egg
Salt and pepper
Milk enough to make a batter (not much milk)

Fry like ordinary pancakes, and serve with syrup and butter, or jelly, as liked.

## French Millinery in the Kitchen

*Concluded from page 338*

*Moules* are really most delicate in *goût* of all shell-fish. I do not know if we are prejudiced against their table company in America, but all over France they are regarded as a great delicacy. Sometimes they are eaten raw, in the shell, as are oysters, but the cooking of them and serving of them with a butter or wine sauce, or, perhaps, with a smooth, velvety *sauce béchamel*, puts them forth at their best and most subtle flavoring.

The platter on which our *moules marinières* were served was a sort of a deep sea dish with a flat projecting rim. On this rim was woven a bordering wreath of wet, green seaweed, and on this were posed symmetrically rows of tiny fluted *clovis*, or tiny clams, at least *cousins germain* thereto as we have them in America. These are here always served with their shells unopened, and it requires a considerable practice and a good deal of dexterity with a knife to open the lips of this tightly locked bivalve.

Within the circle of gray, shelled *clovis* was another ring of pale, pink *ecrivisses*, a crustacean that is but a junior imitation of a lobster. It served as a chaplet or coral necklace for the finishing touch to a very novel and highly decorative dish of sea-food à la Française.

In these days of food frights and fashions, of high prices on the menus in all quarters of the globe (all of which is really nothing more than a sympathetic panic in provisions), I feel sure that this detailed account of the millinery of these staple dishes of French Mediterranean cuisine will prove pleasant reading, showing also that the culinary crisis is not nearly so acute as to cause the French *couturier-chef*, or *chef-couturier*, to lose his cunning in the dressmaking accessories of the art of cookery.

# Menus for One Week in December

## SUNDAY

**Breakfast**

Sliced Oranges
Baked Beans
Boston Brown Bread
Doughnuts
Coffee Cocoa

**Luncheon**

Consommé
Baked Capon
Creamed Artichokes
Boiled Onions
Celery Cranberry Sauce
One-Two-Three Dessert
Cocoa

**Supper**

Bread-and-Butter Sandwiches
Canned Peaches
Rolls
Tea

## MONDAY

**Breakfast**

Quaker Oats, Milk
Crumb Griddle Cakes
Maple Syrup
Coffee Cocoa

**Luncheon**

Bean Soup
Chicken à la King
Crusty Rolls (reheated)
Tea

**Dinner**

Cream of Carrot Soup
Roast Loin of Pork with Sweet Potatoes
Scalloped Cabbage
Relishes
Apple Whip
Coffee

## TUESDAY

**Breakfast**

Cream of Wheat
Brown Bread Creamed Toast
Coffee Cocoa

**Luncheon**

Green Pea Soup
Buttered Toast
Chocolate Layer Cake
Tea

**Dinner**

Roast Lamb
Potatoes Anna
Baked Stuffed Onions
Canned Pears
Cookies
Coffee

## WEDNESDAY

**Breakfast**

Wheatena, Milk
Baked Apple
Country Sausage
Corn Meal Muffins
Coffee Cocoa

**Luncheon**

Cheese Fondue
Cinnamon Toast
Tea

**Dinner**

Boiled Mutton, Caper Sauce
Scalloped Rice and Eggplant
Lemon Jelly with Fruit
Coffee

## THURSDAY

**Breakfast**

Oatmeal Porridge, Top of Milk
Minced Lamb on Toast
Coffee Cocoa

**Luncheon**

Stuffed Baked Peppers
Ginger Rolls
Tea

**Dinner**

Grapefruit
Meat Pie (reheated)
Junket
Coffee

## FRIDAY

**Breakfast**

Quaker Oats, Milk
Philadelphia Scrapple
Crusty Rolls (reheated)
Coffee Cocoa

**Luncheon**

Deviled Crabs
Mashed Potatoes
Floating Island
Tea

**Dinner**

Cream of Potato Soup
Oysters Mornay
Stuffed Endive Salad
Plum Pudding
Coffee

## SATURDAY

**Breakfast**

Cream of Wheat, Top of Milk
Apricot-Pineapple Marmalade
Toasted Sally Lunn
Coffee Cocoa

**Luncheon**

Rich Vegetable Soup
Prune Pie
Tea

**Dinner**

Scalloped Pork Tenderloin
Grilled Sweet Potatoes
Boston Brown Bread
Pumpkin Pie
Coffee

# Menus for Special Occasions

## CHRISTMAS DINNER

Kumquat-Grapefruit Cocktail
Oysters on the Half Shell
Clear Soup
Roast Turkey, Plain Dressing
Mashed Potatoes Browned Chestnuts
Buttered Cauliflower Boiled Onions
Celery Hearts Olives
Stuffed Spiced Prunes
Apple-and-Celery Salad Cranberry Jelly
Plum Pudding Sultana Roll
Almond Rings Almond Stars
Bonbons Fancy Grapes
Coffee

## SUPPER FOR SKATING PARTY

Scalloped Oysters
Veal-and-Ham Pie (cold)
Stuffed Eggs
Parker House Rolls (reheated)
Rolled Oats Bread Sandwiches
Boston Brown Bread
Pickled Carrots Olives
Sour Pickles
Fudge Layer Cake
Almond Christmas Cakes
Coffee

## STUDIO TEA

Plain, White-and-Brown Sandwiches
Crabmeat-Almond-Celery Salad
(Tinned crab and bottled mayonnaise)
Chicken à la King
(Tinned boned chicken)
Olives Celery Hearts
Sour Pickles
Tiny Christmas Cakes Bonbons
Kumquats
Coffee Cocoa Tea



# Food — After the War

## By Florence M. LaGanke

"ON the day that peace is declared do you know what I'm going to do? I am going to have a serving of everything on the table, and then I'm going to take one taste, — and then I'm going to say, 'That's all, thank you; I don't care for any more.' I am *so* tired of this gospel of the clean plate." The speaker was a girl with a capricious appetite, but a stern conscience. The time was the winter of 1917 when the food situation was most acute, and we were all leaving our plates in the condition of the Spratt family's platter. The real crux of her statement, though, lies in the query — Well, did she? How firm a foundation did all the exemplary food habits of the war establish in the routine of our eating? Have we done what so many people said we would do, — eat substitute breads forever after, rather than the wheaten loaf?

The great gain has been something less tangible than the actual meatless, wheatless meal: it has given us a changed mental attitude. That girl did just exactly what she said she would do, but she did it just once, and then she said, "I'm not comfortable any more when I waste food." The idea of *wasting* food rather than just *leaving* it, because she did not care for it, is a decided aftermath of the war. We all have more conscience when it comes to wasting food wantonly.

In a recent play, one of the characters put three heaping spoonfuls of sugar in his tea, and the audience audibly gasped. On the whole, we use less sugar, and, what is more important, we demand less. At a restaurant not long ago the waitress gave one lump of sugar with each demi-tasse. There were very few patrons that asked for more. That could never have happened before the war. In the first place, we would never have consented to have food doled out; in the second place, the world at large would have heard from us if we did not get what we wanted, "when we were ready to pay for it, don't you know!"

What about bread? Do we clamor for oatmeal, and rice, and barley, and potato bread? Or, do we say with a sigh of satisfaction, as we eat a crusty roll, "My, isn't it good to have real rolls again!" The bakers' advertisements are loud in their announcements of pre-war-time bread. And then, meat! Have we so changed our customs that it is not true any longer to say, as the Irishwoman did, "Oh, yes, the two free days at the Museum are easy to remember — wash day and fish day." Has our week only one fish day, or have we put in, at least, two? The butchers say there is more demand for fish now than before the war, but they attribute it to the high cost of meat, rather than to the continuing custom of meatless days.

Has it, then, all been in vain? Are the pages and pages of substitute recipes just to be so many scraps of paper? NO! because the war changed (it may be ever so slightly), but it changed, after all, our attitude of mind. We are willing to try new combinations. We do not say that

the good old days produced everything good, and that the war days gave us only unpalatable and uneatable foods. The housewife experimented and the family ate! If the housewife is wise, she will memorize or tabulate some of her results. Then, when the planning of meals becomes that deadly bore, she will go back to some of her war dishes.

We learned the possibilities of potatoes. "The potato in the cellar bin, a fried potato was to him — and nothing more" is no longer true. Potatoes found their way into baking powder biscuit, into fruit cakes, into bread. Potato flour came into its own again as the flour "par excellence" for sponge cake. Cooks have learned to make allowances for moisture and for weight of mashed potatoes in batters and doughs, with most edible results. The value of dates, figs, raisins, prunes, apricots, and peaches, as a source of sugar, was made manifest. Corn syrup is not an acceptable sweetening agent in many dishes when used in place of sugar entirely. The discovery that it may be used, at least, half in half with sugar is something we will not soon neglect. We have put honey, maple syrup, and maple sugar on our list, and there are many of us who will never willingly take them off again.

We canned; if ever a method of canning received a warm reception, it was the "Cold pack" method. And then we dried. There were many experiments that failed. But our eyes were opened to the possibilities, and not only *our* eyes, but the eyes of the commercial dehydrators as well. As a result, the dried foods of all kinds, "from soup to nuts," not forgetting to mention milk, have come upon the market to stay. And oh! how we moiled and toiled over bread. There are many people who believe that the baking of bread will pass into commercial hands, just as dressmaking and laundering have done, to great extent. But — we are going to bake some oatmeal bread, or some graham bread, or some rice bread, at home, just for a change when we grow tired of baker's fare. The war gave to us the power and the ability to know it could be done, and that *we* could do it.

We are going to read with eagerness the recipes from "over there," because our boys talk about some of the dishes. Not when they first get home, for then it is mother's cooking that they want. But in reminiscent snatches we are going to hear of "that onion soup with cheese; that brioche; I'm telling you it was great." Then we are going to find the recipe, and we are going to try it; for that is what the food shortage did for us, after all — it made us food adventurers.

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# Small Conveniences for Housewives

By Hazel B. Stevens

*WRAP your meat loaf in oiled paper* before baking, if you wish to keep the juices in, and prevent the formation of a hard crust on the outside.

*A tablespoonful of molasses added to pancake batter* will make the cakes brown quickly and evenly.

*If gravy is too pale to look appetizing.* — Keep on a shelf for such emergency a small bottle of brown liquid, made by dissolving in water a little sugar, burned a very dark brown in the frying pan. The sugar must be burned past the so-called "brown" or caramel stage, in order to destroy its sweetness; the water should be added while the sugar is hot, when it will dissolve quickly. A small quantity added to gravy and soups gives that rich brown look much to be desired.

*An easy way to get the pin-feathers from a duck*, after the big feathers have been

removed, is to pour melted paraffin over it; when the paraffin has hardened, it may be quickly peeled off, taking all pin-feathers with it. A ten-cent cake of paraffin will do for eight or nine ducks, so that the cost is nothing, and the saving of time and temper, much.

*A better way to singe a chicken* than the old-fashioned one of a twisted paper, lighted, — which is dangerous to hand and house, — is to pour a little wood alcohol in a saucer, light it, and singe your chicken at your ease. It is easy enough to have a small bottle of alcohol on hand, once the method has been tried.

*Another use for wood alcohol*, is to remove white spots from varnished tables or other furniture; a quick rub does it. Care must be taken, however, to make the rub *quick*, lest the alcohol have time to act on the varnish.

*A hint for lovers of Boston Brown Bread.* — Instead of steaming it in big loaves, use baking powder tins or Crisco tins. The advantage is: first, the bread steams more quickly through, without danger of becoming soggy, and, second, the loaves are in a more convenient shape for cutting. Steam enough for several days at a time, one can being enough for a meal; the bread is easily and quickly warmed up, a can at a time.

*In serving strawberries French style*, — that is, with the berries heaped around a mound of powdered sugar, — the difficulty is to make the mound stand up in a compact way, so as to have an attractive-looking dish. Try packing the sugar in one of these glass lemon-squeezers, — turning out on the dish a perfect cone.

## A Conservation Hint

*Any bits of left-over meat* may be ground, mixed with a little soup-stock and seasoning, or salad dressing, and sealed down in a jelly glass by pouring a little melted dripping over it. It will keep indefinitely. Even half a jelly-glass is enough for six or eight sandwiches at an emergency. Other uses will be readily thought of, such as spreading toast for Poached Eggs.

## Buying Groceries Wholesale

*Why not get the advantage of wholesale prices* by clubbing together, a few congenial families in a neighborhood, and buying groceries in large lots and at convenient intervals? The scheme is feasible, as I have proved; it saves time over the method of petty buying; it gives more chance for choosing high-quality brands. And it saves enough to be very much worth while.

## Fresh Tomatoes at Christmas

In a climate where frost comes before many of the tomatoes have ripened in the garden, I pull up vines ladened with green tomatoes, and hang them in my cellar, where the tomatoes ripen slowly. This plan enables me to have fresh tomatoes on my table long after they are off the general market. I have them always for Thanksgiving, and sometimes as late as Christmas.

## "Double Header" Dishwashing

We are a large family, and have a tradition of "getting together" frequently at family dinner parties. The only blot on these affairs has been the awful ordeal of dishwashing, as we keep no help.

In a flash of inspiration, we instituted what we call the "double header" system; that is, instead of one person washing, and the others standing round to take turns at wiping, we have two sets of dishwashers going at once. Number One clears off glasses and silverware, and starts washing at once; Number Two, with her helpers, scrapes dinner plates and starts washing them. Other volunteers clear the table and get the rest of the dishes ready to wash.

Everybody helps, men and all, making a joyous game of it, and no hardship. It is possible, as we proved by the clock, to clear away completely all traces of a dinner for fifteen in twenty minutes; using six people, — two washers, two wipers, one to clear up, one to put away.



# Home Ideas & Economies



**Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.**

## Serving Kitchen Meals

WE have been living informal lives these war-working days. More hurried breakfasts were eaten, more or less picnic-fashion, from kitchen cabinets or tables than ever before in American homes. And because of the stress of the times no one objected; rather we took it gleefully as our part in the huge struggle, and gloried in our privations. We were conserving time and energy along with food-stuffs.

But emergency living, like picnicking, should not be perpetual. It is quite evident that kitchen meal-serving has become rather a habit with many housewives, loath to abandon the easiness thereof though the excuse for it be gone.

Of course, in homes where the early, hurried breakfast is still a necessity that meal may be served wherever most handy, but a home-maker, whose duty it is to care for the health and comfort of her family, should religiously adhere to the good old custom of a dinner in the dining-room, with all its eye-satisfying accessories. Placing it there may cost her a certain number of extra steps, but they are well worth taking. Present comfort means much—for comfort and cheer aid digestion—and happy memory-making always pays.

The years fly fast; changes come overnight, as it were. So let us reconstruct ourselves and our home-making, along with the larger reconstruction of national affairs, if perchance we have fallen into the lazy, war-excusable habit of kitchen serving.

## Keeping the Home Lights

"Whatever you do, keep the lamp chimney clean. Everybody's eyes turn toward it the moment they enter the room of a night," counseled my wise older sister when we were young girls out on the farm, and a reading lamp was the center of the family circle.

Since then, through observation, I have learned how important *all* our lighting arrangements are in a home. For the eyes of all do seek the light, though they may not do it consciously, nor would remember having done so. If there chance to be anything peculiar, they *do* notice, either to admire or disapprove, and certainly if the "chimney" chances to be smoky or the window draperies torn—woe be to the responsible one!

Put dark, badly cracked shades up at the windows, and nothing you can do, otherwise, in furnishing the room, will remove the gloomy, poverty-stricken aspect. But replace them with new, light-colored shades, and there is a sense of cheer, cleanliness, and neatness that is worth more than all the expensive bric-a-brac one may accumulate.

There are so many devices for lighting fixtures these days that one's taste is plainly exhibited by her choice; and since these come in all prices, no one is debarred from the beautiful because of small means. I have seen really artistic wicker and paper shades for electric bulbs in the five-and-ten-cent store. Simplicity, durability, and the right shade of color are to govern one's choice, con-

sidering, of course, the furnishings already in the room.

Window draperies, as the frame of the all-important daylight entrances, likewise may be inexpensive, but must be carefully chosen. Laces are no longer in the best taste for ordinary rooms or homes. Better no draperies at all than dirty, would-be finery, or loud, gorgeous patterns that fairly stare at every comer. Sometimes, for various reasons, one may not be able to show her real taste in her selections of home furnishings; but she can keep the home lights *clean*, and cleanliness is both "next to godliness" and mighty near to beauty. L. M. C.

* * *

## Lemon Pie

EVERY housekeeper knows that a lemon pie may be a failure or a success according to the method of making.

Have you ever had the experience of baking a lemon pie and having the filling become thinner the longer it was baked? This may occur if the main thickening agent is cornstarch or flour instead of eggs.

The reason is this: the acid of the lemon with the heat changes the starch to sugar. To prevent this, do not add the lemon to the filling until you have finished cooking the filling. Place the filling in a baked crust. In other words, do not add the lemon to the filling and then cook for any great length of time.

The following method of combining ingredients for a lemon pie will bring good results.

Mix cornstarch and cold water and add to boiling water. Cook in double boiler until transparent. Mix the sugar and butter and add to the cornstarch mixture. Mix lemon juice and yolks of eggs, add to mixture and remove from fire. Place filling in baked crust. Cover with meringue, and brown in oven.

## The One-Crust Pie

Stretch the pastry for the "one-crust pie" over the outside of the pie plate and press the edges firmly against the edge of the plate. Prick the center of the crust with a fork.

The baked crust will be of the desired shape and can be easily removed from the pie plate and put on a large plate or platter ready for the filling.

The above method is very simple and will save the housewife the disappointment of the shrunken and misshapen one-crust pie. J. L.

* * *

## Fruit as a Saver of Sugar

TOO often in these enforced days of sugar saving (and from the dire prophecies of the grocerman yesterday as to a sugarless Christmas), the value of fruit in the diet is ignored, or is not even known. Fruit is a valuable item of table diet, rich in mineral ingredients, acids, and body-regulating substances. And you rarely see it on the table in the average house. It is only considered to be good between meals, or to cook with the addition of the valuable sugar; when, as a matter of fact, fruits, many of them, contain sugar that the body needs, and can be used a a substitute for numberless "sweets" we religiously consume.

At the present time dates are plentiful and cheap. They contain a large percentage of sugar. They can be used, and in the using of them the body will not require so much other sugar.

Grapes are always good, and they are one of the most nutritious fruits known. In addition to sugar, which is present in large proportions, they contain many other body-building substances. Apples, bananas, oranges are good, though it is conceded that the latter are somewhat expensive. Yet when it is known that a single orange contains seventy-five calories of the odd twenty-five hundred to three thousand needed for the daily stoking of the bodily furnace, one can realize that three or four oranges would not do badly for lunch, and they would help clarify and clear out a system clogged up with too much pastry and sweets. A single

apple also contains approximately seventy-five calories, and, like the orange, is a body regulator, containing in a bulkier and more generally "roughage" character a greater amount of cellulose.

This year quinces have been fairly abundant, and they are excellent sugar savers if put up. Of course with them one must have sugar, and that is hard to get. But if the housewife can squeeze a little from her allowance from the grocer, she would do well to preserve a little of this excellent fruit. It will prove economical in the end, for it will take the place of sugar when that "sugarless" Christmas arrives.

The apple is such an excellent article that I cannot refrain from coming back to it. They are not so expensive now, and they make an excellent dessert, either for dinner or for luncheon. Cooked as a breakfast dish they require less sugar than preserved fruits or prunes or cereals. As for a heavier dessert bananas and cream are excellent, or grapes with a few of the richer nuts, as Brazil nuts. They can, also, be served with any other kind of nut that one especially likes. It may not be elegant to serve peanuts, but the peanut contains much fat and is a good cold-weather fuel. B. T.

* * *

## A Christmas Party

AN easily arranged Christmas party that left not a dull moment in which to wonder what to do next was given last year. The guests were invited to dinner, and the feast itself was the traditional one with no special features until the last course, when a fancy card was served to each guest, his name being on one side and directions for his conduct upon the other. The directions were something like this: "Look beneath the lamp in the drawing-room." "Take a peep into the lowest drawer in the guest-room bureau." "Open the sixth volume of Thackeray at the fourth page of the tenth chapter," etc., etc. Curiosity was at once awakened and no time was lost in following the instructions. In each spot indicated was another card telling where to go next, and there were ten places for each guest, their different localities being carefully calculated to give as much exercise as possible. It is easy to imagine the friendly scramble, the jolly confusion, and the ludicrous situations that would develop in the general relaxation of a Christmas atmosphere. A very tall and stately clergyman was discovered sprawling full length on the floor, digging his way toward a card under the heavy, mahogany bookcase, while a short lady of rotund figure was found making the ascent of a chandelier in her anxiety to obtain her next commands. For the time being every one delighted in laying aside and completely forgetting his usual dignity.

The tenth place indicated held the long-sought prize for each person: a gay-colored, small stocking filled with the usual Christmas equipment,—a tangerine, a pop-corn ball, a candy bag, a few nuts, and some pretty personal trifle for each guest. In addition there was some musical instrument from the five-and-ten-cent store. These were of all types, from a xylophone to a jew's-harp, and an impromptu orchestra was immediately organized which developed such unsuspected talents that Christmas hymns and Christmas carols were experimented with until long past midnight. M. J. H.

* * *

## Use of Honey in Bread-Making

HONEY may be used with satisfactory results in such breads as require sweetening. In fact, the combination is more pleasing than when molasses or sugar is used, especially if a delicately flavored honey be used.

### Bran Brown Bread

A cup of whole wheat flour, half a cup of honey, one cup of sour milk, a teaspoonful of soda, one cup of bran, half a cup of raisins, and salt in proper amount. Sift together the flour, soda, and salt, and add

the other ingredients. Pour the dough into large cans, as baking-powder cans, place the lid on, and let steam in a kettle of water for two hours. Remove the lid and bake for ten minutes in a moderate oven. White flour may be used instead of whole wheat flour. This bread is especially nutritious, and can be used freely by any one with delicate stomach.

## Honey-and-Nut Bran Muffins

Half a cup of honey, one cup of flour, half a teaspoonful of soda, a fourth teaspoonful of salt, two cups of bran, a tablespoonful of melted butter, one cup and a half of milk, from a half to a cup of chopped nuts. Mix thoroughly the flour, bran, soda, and salt. Add the other ingredients and bake in gem muffin rings in a hot oven. This amount should make about sixteen large muffins.

## Honey Bread

Take two cups of honey, four cups of rye flour, a teaspoonful of soda, four teaspoonfuls of ainiseed, two teaspoonfuls of ginger, the yolks of two eggs, one-fourth a cup of brown sugar. Sift the flour with the soda and spices and add the other ingredients. Put the dough in shallow buttered or greased pans and bake in a quick oven.

## Steamed Brown Bread

One cup of corn meal, two cups of graham flour, three-fourths a cup of honey, two cups of sour milk, a teaspoonful of salt, a heaping teaspoonful of soda, a tablespoonful of boiling water, and a cup of raisins. Mix together the meal, flour, and salt; add the sour milk and honey, and then the soda dissolved in the boiling water, and the raisins. Steam three hours in a covered receptacle, which should be not more than three-fourths full. A large baking-powder can answers very well, and one or more of these may be placed upright in a kettle or bucket half-filled with water that is kept boiling for the required time. When the steaming is finished, the receptacle should be opened and set in the stove to bake for ten minutes in order to dry off surplus moisture. H. F. G.

* * *

## The Quince

QUINCES can be canned for winter use and make a delicious dessert.

Cut yellow, well-ripened fruit in halves, or thirds, removing the cores, then wash carefully, and put in granite kettle, cover with water and cook until pieces can be removed into cans without breaking; fill up with the juice as usual, excluding air, by running a silver knife around the inside of can. Then seal tight.

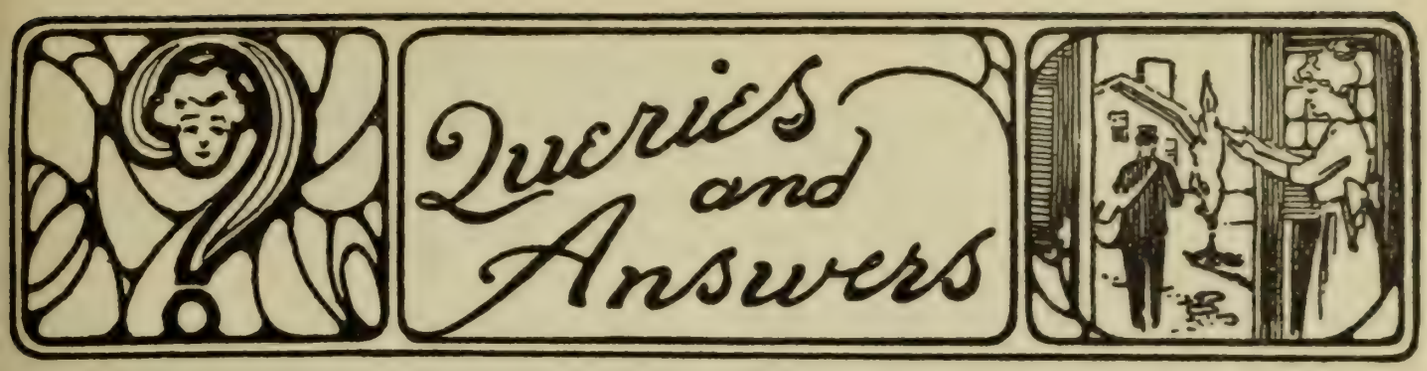
When sugar is plenty, we add a little syrup to each kettle after nearly ready for can, as quinces will not become tender if cooked in syrup at first. When a dessert is needed in the winter, fill pie tins or use your glass baking dish and put each piece of quince in, core side up, fill cavities with sugar and bits of butter, pour over enough juice to nearly cover fruit as you would for baking apples; watch carefully while you bake them until well done and brown in color, the juice and sugar forming a jelly around the fruit.

## Sauce for Quinces

Make your favorite white sauce, with cream instead of milk, a tablespoonful of butter and a pinch of salt, with a generous portion of sugar; cook and serve fruit and sauce hot, although we have enjoyed them cold. We can our quince juice. Seal up tight, using no sugar, then make into jelly later with barberries or cranberries. A jelly beautiful in color and of fine flavor. S. B. B.

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Buy health insurance with an appropriation of some of your time every day for open-air exercise.




THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. For menus, remit $1.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 4096. — "How can I make Mincemeat?

"Please give a recipe for Lemon Pie with a crust on top."

## Mincemeat

TAKE two pounds of lean beef from the neck, the round, or the shank, put into a covered baking dish, and cook in a slow oven until tender. Let cool, put through food chopper, sprinkle with two teaspoonfuls of salt, and moisten with the juices that exuded while baking. Next, put one pound of beef suet from the kidney through the chopper, and pare, core, and chop enough sour apples to fill three cups. Mix these with the suet, and sprinkle the whole with another two teaspoonfuls of salt. Add to the suet and apples one pound and one-half of raisins, stoned and chopped, one pound of currants, thoroughly cleaned, and one-fourth pound of candied citron, very fine-chopped. Add to this mixture the chopped meat. Now grate one large nutmeg, and mix with two teaspoonfuls, each, of powdered cinnamon and mace, and one teaspoonful, each, of cloves and allspice. Blend this mixture with two pounds of sugar. Add the juice and grated yellow rind of three oranges and one lemon, mix with the chopped meat, suet, etc., and moisten the whole with sweet cider; add a cup or two of jelly, preferably quince, or preserved fruit of any kind, or syrup from canning, or from sweet pickles. Put the whole in a porcelain kettle, let it come to a boil, and then slowly simmer for three-quarters to one hour. Fill the mixture into sterile glass jars, and proceed as for canned fruit.

The old-fashioned mincemeat was preserved by the addition of brandy, and was thought best after it had stood for a year.

## Lemon Pie with a Top Crust

Blend one tablespoonful of cornstarch with a little cold water; stir into one cup of boiling water, and cook until smooth. Cream two tablespoonfuls of butter with one cup of powdered sugar, and stir this into the first mixture; add one well-beaten egg, and cook until just creamy. Cool slightly, and stir in the grated yellow rind of one lemon, and the juice of the same. Pour into pie plate lined with pastry, put on top crust, and bake in a quick oven.

QUERY No. 4097. — "I should like a recipe for Puffed Rice Brittle."

## Puffed Rice Brittle

Cook in a smooth agate pan one cup of granulated sugar until it is a clear, golden-brown syrup. Stir into this one-half cup or more of the puffed rice, previously heated in the oven until crisp. Pour on a slightly greased plate, allow to cool slightly, and mark in squares.

QUERY No. 4098. — "Please tell me how to make Plain Mustard for a cafeteria."

## Plain Mustard

Equal parts of powdered mustard and slightly warm water or milk, if blended to a smooth paste, will keep for a week. A quarter-teaspoonful of salt to every half-cup of liquid used is liked by some persons; others prefer the addition of the same quantity of sugar, which does not sweeten the mustard, but gives a milder flavor.

The following is a more elaborate recipe for mustard, but one that is exceedingly good, and whose keeping qualities are excellent.

## Mustard to Keep Indefinitely

Blend a half pound of powdered mustard with one-half cup of horseradish vinegar; that is, vinegar strained from the horseradish root. Add a half-teaspoonful of salt, and a half-tablespoonful of Chili vinegar; that is, vinegar in which chopped green peppers have been steeped for a week or more. This highly piquant mustard should be stored in wide-mouthed bottles, securely corked, and it will keep for as long as needed.

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Query No. 4099. — "Have you a formula for Chocolate Sauce such as is used at the soda fountains, which will keep a week or more without sugaring?"

## Chocolate Sauce That Will Not Sugar

We do not know what is used at the soda fountains, and doubtless many of them have their own private recipes, but a chocolate sauce that will not sugar can be made by boiling equal parts of water and sugar with the addition of a quarter-teaspoonful of cream of tartar to every cup of sugar, until the mixture is slightly syrupy, and then adding one ounce and one-half of grated chocolate melted over hot water. Or if corn syrup is used instead of water and sugar, the mixture will not sugar.

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Query No. 4100. — "How does Oleomargarine compare in food value with Butter?"

The fuel value of oleomargarine is stated by the Bureau of Nutrition Investigations at Washington to be practically identical with that of butter; that is, a pound of oleomargarine yields the same number of heat calories as a pound of butter. Its vitamine content, however, is not so high. The margarine that contains actual butter-fat, or beef-fat, contains the vitamine present in these fats according to the proportion in which they were used in the manufacture; but no brand of margarine yields as much of these valuable growth-producing vitamines as does butter. This does not mean that this wholesome and economical butter substitute should be looked on with disfavor; it only means that, when it is used instead of butter, other foods which yield the lacking vitamine should be added more liberally to the diet. Such foods are milk, lettuce and other greens; also eggs and a few other foods, but the most important are the first two mentioned, milk and greens.

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Query No. 4101. — "Please give a recipe for Icing to be used with a pastry bag and tube."

We can give you three recipes, varying in the ease of making.

## 1. Uncooked Ornamental Icing

Stir into the unbeaten white of one egg as much confectioners' sugar as is needed to make a paste that will hold its shape when molded with the fingers. This icing may be flavored with a couple of spoonfuls of lemon juice, but the addition of this calls for more sugar. A similar icing of a pretty yellow tint is made by using the yolk instead of the white of the egg, flavoring with lemon, and adding a spoonful of the grated yellow rind of an orange. These icings can be pressed through the star and other patterns of tube; they are quickly made and effective, but must be used quickly, or the icing will harden too much.

## 2. Cooked Ornamental Icing

Boil two cups of sugar and one cup of water until the syrup forms a soft ball

# why have soggy fried foods?




Get Crisco at your grocer's in this airtight, sanitary container. Sold by the *net weight*, one pound sizes and larger.




***Why should you use plenty of fat in the kettle for perfect deep frying?***

***Why is it that you can use the same Crisco again and again, even after frying onions?***

These questions, with scores of others about all kinds of cooking, as well as the serving of meals, are asked and answered in "The Whys of Cooking", an authoritative book by Janet McKenzie Hill, founder of The Boston Cooking School, and editor of "American Cookery". Also contains many new recipes. Illustrated in color. 108 pages. A book you will use every day. Sent postpaid for only 10 cents in postage stamps. Address Dept. A-12, The Procter & Gamble Co., Cincinnati, O.

It is unnecessary to serve or eat soggy fritters or doughnuts or croquettes. Crisco will fry them for you so that the centers are really *baked*—dry and tender and fluffy—inside a delicious, crisp brown shell.

Crisco is a modern, wholesome, vegetable cooking fat, made by a special process so that it gives up its heat very quickly, forming a protecting crust the instant the food is dropped into the kettle. In this way, all the fat is kept out of the food, and all of the flavor in.

After the frying is finished there is almost as much Crisco left in the kettle as you had when you started—good proof that very little has been absorbed or cooked away. Not a drop has to be wasted. Just strain it and use it again and again.

## Crisco is better for all cooking

*Crisco is so white, so pure, so delicate, so tasteless and so odorless that you will enjoy using it for all cooking. It makes wonderfully flaky pastries and biscuits. It makes delicious cakes that taste as if made with butter, but at half of butter cost. Try Crisco, and you'll want no other cooking fat.*

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when dropped into cold water. If you use a sugar thermometer, it will indicate anywhere from 236° to 240° F. for this stage, but practical experience is just as good as the thermometer. The syrup should then be poured in a thin stream on the stiff-beaten white of one egg, and the whole beaten until thick enough to retain its shape. This icing does not harden quite so soon as the first, nor when it hardens is it quite so hard, but it should be used within a reasonable time.

### 3. Fondant Icing

Cook together in a smooth agate saucepan two cups of sugar and three-quarters of a cup of water. Stir until boiling begins, then add a quarter-teaspoonful of cream of tartar, and wipe off with a damp cloth any particles of sugar thrown up against the sides of the saucepan during the boiling. Cover and cook five minutes. Remove cover, wipe sides of saucepan again, and cook to soft-ball stage as in preceding recipe. Pour syrup on a large platter, or a marble slab, and let stand until a dent remains on the surface when pressed with a spoon. Work the syrup from the sides to the center of the dish with a spoon, preferably wooden, until the whole is a white, creamy mass, then knead it like bread until of the right stiffness. The mixture should be entirely free from crystals, and as smooth as lard. This can be packed into small bowls or wide-mouthed jars, securely covered with waxed paper, and will keep for two weeks or more in the refrigerator. It may be used at once for piping, but is better if let stand for a day. This is the finest kind of ornamental icing.

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Query No. 4102. — "Please give some recipes for Ice-cream Sauces such as a good Bittersweet, also Fudge Sauce and Butterscotch Sauce, also one using marshmallows."

### Bittersweet Sauce

Add to one cup of sour cream one-fourth cup of sugar, two tablespoonfuls of lemon juice, and the grated yellow rind of one lemon. Then beat and beat and beat.

A recipe for fudge sauce appeared on page 294 of the October number, and one for butterscotch sauce on page 296 of the same number. A marshmallow sauce is make by partially dissolving in either fudge, butterscotch, or any other hot, sweet sauce, as many marshmallows as you please.

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Query No. 4103. — "What causes my White Bread to Crack at the sides during baking?

"What makes the Sponge sometimes look yellow?

"Why is the bread sometimes Coarse in Texture?

"Why does bread sometimes have a yeasty smell and taste?

"Why is my Chocolate Icing sometimes glossy and sometimes not?

"Please give recipes for a glossy boiled Frosting, also one for Fudge, and one for Divinity Fudge.

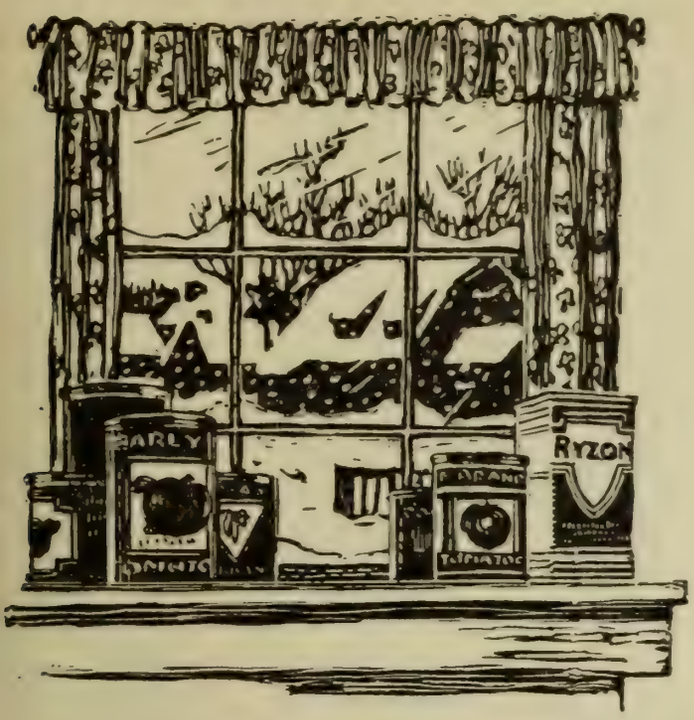
"Give directions for making Pop Corn Balls that will not stick to the fingers, and let me know the cause of their sticking.

"Will you tell me how to use a Sugar Meter, and whether it is used only in boiling syrup for canning?"

It gives us pleasure to answer these interesting and intelligent questions, and to give in each case, to the best of our ability, the "reason why" demanded by this housekeeper.

### Why Bread Cracks at the Sides During Baking

Sometimes bread cracks at the sides because the oven is too hot, but more often because too much flour was used in the mixing. The experienced housekeeper learns to knead her bread with as little flour as possible, no more than two cups and one-half (level) to one cup of water. Begin by kneading very lightly, gently manipulating the dough with the tips of the fingers until the gluten has taken up the moisture, then the pressure may be increased by degrees. This skillful "handling" of the wet mass of dough until it becomes smooth and elastic is gained after a little experience, but the point to avoid is the use of too much flour,




# *Christmas Baking with Ryzon*

*Ryzon is packed in full 16 ounce pounds—also 25c and 15c packages. The new Ryzon Baking Book (original price $1.00), containing 250 practical recipes, will be mailed, postpaid upon receipt of 30c in stamps or coin, except in Canada. A pound tin of Ryzon and a copy of Ryzon Baking Book will be sent free, postpaid, to any domestic science teacher who writes us on school stationery, giving official position.*




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This is the season of baking—the time when good things to eat are most in demand. And every Christmas sees thousands added to the number of homes where Ryzon, the Perfect Baking Powder, is making success in baking an every day fact, not dependent upon luck.

Thanks to the teaching of domestic science experts and to the availability of accurate, reliable ingredients such as Ryzon, better baking and more wholesome living are steadily increasing from Christmas to Christmas.

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**NEW YORK**

and the point to strive for is to see just how little flour you can use and knead bread that will not stick to the board.

## Cause of a Yellow Sponge

This is not easy to account for unless all the circumstances of the mixing, the material of the utensils, the nature of the water, etc., were fully known. The best bread flour is not white, like pastry flour, but is of a decidedly creamy tint, and this tint always appears deeper in the sponge than in the dough. William Jago, a great authority on bread-making, says that the finest Hungarian flour makes a sponge of decidedly yellow tint. The presence of excess of water, as in the sponge, seems to deepen the natural tint of the flour; this yellow color would be hardly perceptible in the baked loaf, or would give only the rich creaminess so desirable in good home-made bread.

## Cause of Coarse Texture

This results from insufficient kneading, or too rapid rising, or both. If the process of "cutting down" is repeated twice or even three times, instead of once as is usually done, the bread will be of a much finer grain and a better flavor, but it will grow dry sooner.

## Causes of a Yeasty Taste

Quick-process bread, that is, bread made with two or three compressed yeast cakes to a pint of liquid, often smells and tastes of the yeast while it is warm from the oven, but not, as a rule, after it is a day old. Bread made with an insufficiency of salt is also apt to taste yeasty — one teaspoonful of salt to three cups of flour is a good proportion. When bread is baked in very large loaves, it often tastes of the yeast, since the size and thickness of the loaf prevents the destruction of the yeast plant by the heat of the oven.

## Why Chocolate Icing Loses Its Gloss

If a chocolate icing is beaten too much before spreading, the gloss will be lost. It should be spread while it is yet a little "runny," so that it flows of itself to a great extent over the surface of the cake. Sometimes if a knife-blade, dipped into hot water, is used to smooth the icing, it will restore the gloss.

## Glossy Boiled Frosting

Boil together two cups of sugar and one cup of water until, when a spoonful of the mixture is dropped into cold water, it will form a soft ball. Pour this syrup in a thin stream on the stiff-beaten whites of either one or two eggs, beating all the while. Continue beating until frosting is thick enough to spread, but not thick enough for the pastry-tube work given on another page.

## Fudge

Plain fudge is made by boiling together two cups of sugar, two tablespoonfuls of butter, and three-quarters of a cup of milk, to the soft-ball stage (238° to 240° F.). Remove from fire, let cool a little, and beat with spoon until thick and creamy. Pour into a greased pan, and when hard enough mark in squares. Different kinds of fudge can be made by using brown sugar, maple sugar, by adding chopped nuts just before beating, or by cooking in the syrup from one to two ounces of scraped chocolate, or one-quarter cup of cocoa.

## Divinity Fudge

This is made by pouring a chocolate or other fudge while the syrup is in the soft-ball stage, on the beaten whites of one or two eggs, as for frosting, and then beating until thick and creamy.

To make fudge is a simple thing, but we believe your difficulty is due to the beating part of the process. If you do not beat long enough, the fudge will not harden; if you beat too long, it will be too hard and dry. In the last case, it can be melted over hot water, or cooked again in half the original amount of water, and you can try the beating over again. A very little experience will tell you when it is just right.




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# Tastes Good

## Why Pop Corn Balls Are Sticky

Pop corn balls are sticky when the syrup is not boiled long enough. The syrup for these should be boiled until it hardens into a brittle mass when dropped into cold water. This will be at about 270° F.

---

The sugar meter indicates the specific gravity, or density, of the syrup. It is useful in canning, but not necessary. You had better write to the manufacturer for directions in detail as to its use, for there are different kinds on the market, and the standards used in figuring the density are not always the same, that is, the standard may be 1, 10, 100, and I have seen one where the norm was 1,000. I believe a sugar thermometer, Fahrenheit, would be useful to you, if you do a great deal of cooking of sugar; though it is not difficult to learn the tests by the rule-of-thumb fashion of dropping into cold water and observing how the syrup "hairs," etc.




# New Books

*The Story of Milk.* By JOHAN D. FREDERIKSEN. Illustrated. Price $1.50. The Macmillan Company, New York.

This book deals with the production and characteristics of milk, its composition and use, beginning with the milking of the cow and ending with milk cookery. The handling of milk for city supply, the action of ferments and bacteria and their control, the pasteurization of milk, and the making of butter, cheese, ice cream, and condensed milk are some of the topics presented. There are also chapters on the feeding of milk to infants and children, the food value of milk and milk cookery.

The author, who is well qualified by practical experience and training to write on this subject, brings the latest results of the best technical knowledge within the easy reach of the ordinarily intelligent student of home economics and the daily worker as well as the expert. His volume fills a long-felt want for a comprehensive, concise handbook on the use and handling of milk.

This is a comprehensive book of reference. The subject is important; the information it contains is most valuable; the author is a competent expert with long and varied experience. The motive of the work is to "open the eyes of many to the fact that there is no more interesting subject than 'milk' in connection with the study of the welfare and physical improvement of humanity, and that milk and its products should be used to a much greater extent."

The significance of dairy farming cannot be overestimated; hence the true import of books like this.

*Lessons in Cooking, through Preparation of Meals.* By ROBINSON & HAMMEL. 467 pages. Illustrated with halftone plates. $2.00, postage 14 cents. American School of Home Economics, Chicago, Ill.

The new revised edition of this menu




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cook-book comes to hand in attractive cloth binding, uniform with the "Library of Home Economics." The plan of the course or book remains the same, *i. e.*, seasonable menus with recipes, followed by directions for preparing the whole meal and bringing it onto the table at the desired time.

Now that the *meal* has finally been adopted as the basis for the teaching of cooking in many schools, this is a timely book for teachers. It is particularly helpful to beginners in cooking, for the difficult part of home cooking is to prepare and bring through the various dishes at the same time. The book will prove useful to experienced housekeepers in helping to answer the ever-recurring question "What shall we have to eat?" and in suggesting new dishes.

Each of the twelve chapters contains one or more menus and directions for special holiday dinners, luncheons, and suppers, together with excellent special articles on dish-washing, fireless cooking, planning meals, labor-saving equipment, etc.

In this series of lessons is presented a systematic correspondence course in the cooking of meals, with detailed directions, not only for cooking the separate dishes, but also for preparing and serving each meal as a whole.

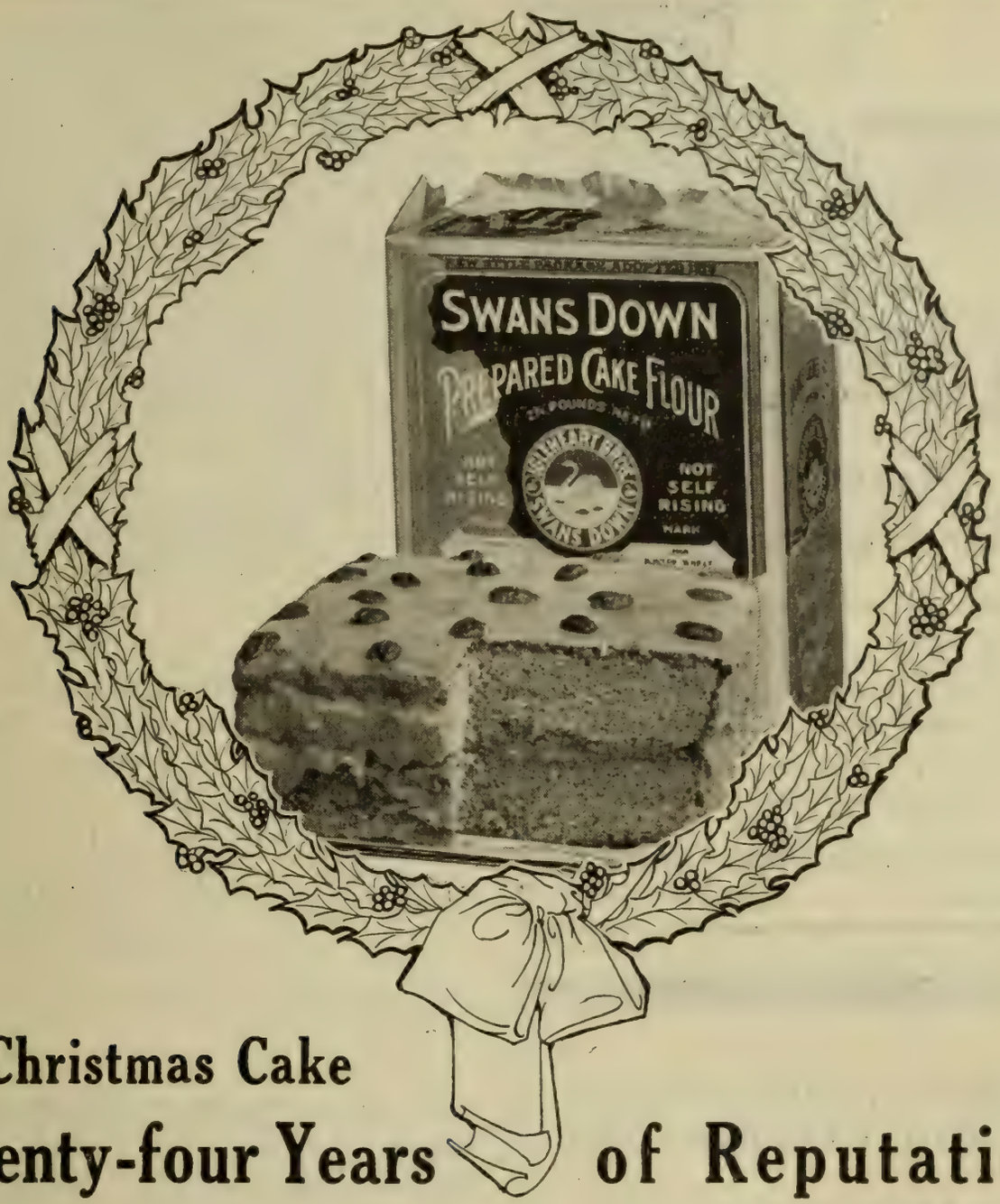
A good deal of valuable information is to be found in this volume: from it one can learn much about the art of cooking in the home.

---

## Teco Pop Corn Crackers

| | |
|---|---|
| 2 cups Teco Pancake or Buckwheat flour | ⅓ cup melted shortening |
| 1 cup popped corn, put through the food-chopper | ½ cup cold water |

Combine the ingredients in the order given, toss on a floured board, roll thin, cut in any desired shape, and bake about eight minutes in a quick oven. Serve with soups or salads. These are a most delicious as well as a laxative food. Bran may be substituted for the pop corn.




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## Out of the Basement

*Concluded from page 349*

subjects, but only recently have they begun to consider how all this may carry over into the field of Home Economics. Many of the problems which they use for teaching English, mathematics, and other subjects have their origin in the home environment. It is not exaggeration to say that no subject lends itself so readily to the problem-project method of teaching as does home-making with its infinite problems of real life.

Home Economics too often stays willingly in the basement and lets the rest of the school go its way untouched by the influence for better homes, better food, and better clothing, which this department exerts upon a chosen few. A stranger visiting a school might never know that the Home Economics Department exists unless he is especially conducted to that Department. Academic teachers have taught for months in high schools without knowing just where the Home Economics Department is located.

Not only is it time to move the stoves and tables bodily to the upper floors, where the environment is more conducive to the teaching of wholesome home ideals, but more important than this is the need for bringing the influence for better homes, better food, and better clothing up into the main corridors of the building, where all may benefit from the daily contact.

Splendid charts on "How the High School Girl Should Dress" grace the bulletin boards in the basement sewing room, at the same time that the principal is deploring the fact that, for the main part, the high school girls dress beyond their means. Forceful charts for teaching better food-habits hang on the kitchen walls until they lose their value with the few who see them every day, while statistics tell us that among school children one out of every five is under weight. Too often a splendid class in dietetics in the basement makes no effort to influence



If you would have each meal dainty and distinctive as well as wholesome and nourishing, always have Cox's Gelatine on hand!

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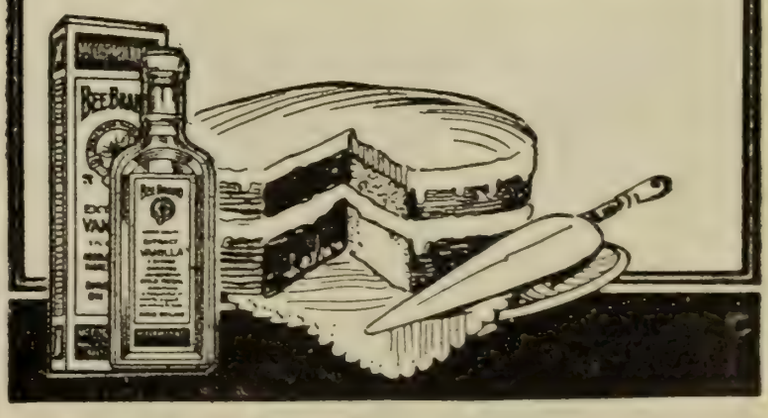
include vanilla — made only from the choicest Mexican bean and of the proper age to give a delicate delicious flavor — lemon, orange, rose, almond, cinnamon, celery, ginger, nutmeg, and peppermint.
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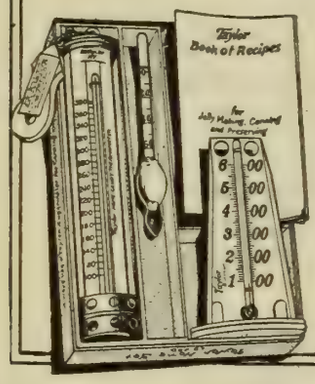
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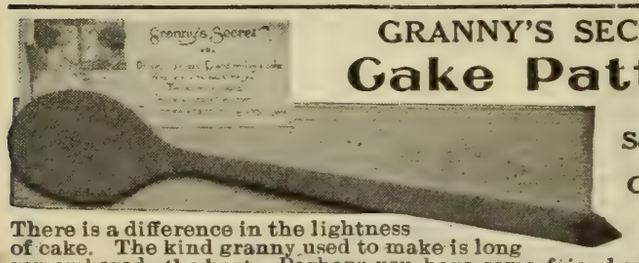
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Send for our catalog showing decorated kitchen utensils of olden times. **Gifts for young housekeepers, weddings, showers, bridge parties.** Gifts for the kitchen attractive. There is no doubt a **Pohlson dealer in your town.** Get acquainted and find the new and interesting. Gift and specialty shops should send for catalog of thoughtful little gifts which will be forwarded upon application.

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the food-habits of the students, who daily select their food at the school cafeteria. Out of the basement or out of the Home Economics Department, wherever it be located, should come charts, slogans, and suggestive combinations of foods that, appearing on the bulletin boards or conspicuously in the school lunch room, would tend to educate the entire student body in better food and clothing habits.

Why shouldn't the class that studies house decoration take an active interest in the kind of pictures that hang in the assembly room, and in the way they are hung? In fact, is it too much to say that every high-school class in House Decoration would go a long way toward proving its educative and practical value to the student body and faculty, if it left its mark in the school by making some room or corner of the building more harmonious and comfortable?

After all, "By their works ye shall know them." This Out of the Basement Movement is apparent, here and there, all over the country. In one High School an undernourished child was studied and treated for a year by a dietetics class. Systematic campaigns for appropriate dress on the part of the high-school girl are carried on in many schools by means of charts placed on the main bulletin board, by style-shows put on in the assembly room, or by short articles contributed to the local newspapers. Exhibits planned, advertised, and executed by the students, to which the mothers are invited, and where tea is served, are a common occurrence in one school. For one year a sophomore dietetics class prepared milk for an undernourished baby, belonging to a poor family in the community, and delivered it daily to the home. High-school students studying dietetics are going into the lower grades and working with the grade teachers on the underweight problem, teaching in four-minute talks, and in the simplest terms possible, *the fundamental health habits.*

It is evident that Home Economics won't stay in the basement.




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**Am. School Home Economics, 503 W. 69th St., Chicago**


# The Silver Lining

## Mary Had a Little Lamb

Mary had a little lamb,
  About three pounds or so,
And Mary did her best to see
  How far that lamb would go.

She broiled it first and served it hot
  With sauce of Worcestershire,
Then boiled the bones and made from them
  Some cups of bouillon clear.

From all the scraps did Mary cook
  A wondrous tasty stew,
But when she warmed it up next day,
  She called it a ragout.

"This lamb, what makes us love it so?"
  Her eager children cry;
"Oh, Mother is some cook, you know,"
  Their father did reply.

— *Mary Barron Washburn.*

## The Tactician

The Vicar (*meeting inebriated parishioner*): "Oh, Pat, and I thought you were a teetotaler."

The Parishioner: "Shure, an' that I am — *hic* — yer Riverence, but norra bigoted one." — *The Tatler.*

Disraeli was much troubled by literary aspirants sending him their books to read. The formula he adopted in acknowledging was: "Dear Sir, or Madam, I am much obliged for your book which I will lose no time in reading."

A Sunday-school teacher in London was talking to her class about Solomon and his wisdom. "When the Queen of Sheba came and laid jewels and fine raiment before Solomon, what did he say?" she asked presently. One small girl who evidently had had experience in such matters promptly replied, "Ow much d'yer want for the lot?"


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Watertown, N. Y.

# HOME-MADE CANDIES

## *A Christmas Suggestion by MRS. KNOX*

For Christmas I suggest home-made candies, and give below recipes that are easy and economical to make with home materials. These candies will please the family—grown-ups as well as children—for they are pure, wholesome, delicious sweets, and so attractive that they are particularly suitable for gift-giving.

**KNOX**
SPARKLING
**GELATINE**

### FRENCH DAINTIES (CANDY)

Soak two envelopes Knox Sparkling Gelatine in one cup cold water five minutes. Add one and one-half cups boiling water. When dissolved add four cups granulated sugar and boil slowly for fifteen minutes. Divide into two equal parts. When somewhat cooled add to one part one teaspoonful extract of cinnamon. To the other part add one-half teaspoonful extract of cloves, and color with the coloring tablet found in package. Pour into shallow tins that have been dipped in cold water. Let stand over night; turn out and cut into squares. Roll in fine granulated or powdered sugar and let stand to crystallize. Vary by using different flavors such as lemon, orange, peppermint, wintergreen, etc., and different colors, and adding chopped nuts, dates or figs.

### COCOANUT MARSHMALLOWS

Soak one envelope Knox Sparkling Gelatine in three-fourths cupful of water five minutes. Put two cups granulated sugar and one-half cup water in saucepan, bring to the boiling point and let boil until syrup will spin a thread when dropped from tip of spoon. Add soaked gelatine and let stand until partially cooled; then add few grains salt and one teaspoonful vanilla. Beat until mixture becomes white and thick. Pour into granite pans, thickly dusted with powdered sugar, having mixture one inch in depth. Sprinkle with grated cocoanut. Let stand in a cool place until thoroughly chilled. Turn on a board, cut in cubes and roll in powdered sugar. This recipe makes about one hundred marshmallows. Nuts, chocolate, fruit juices in place of part of the water, or candied fruits chopped may be added. Dates stuffed with this confection are delicious.

*Sugar Saving Suggestion: Syrup may be used in these candy recipes replacing each cupful of sugar with three-fourths of a cupful of syrup.*

### ANGEL CHARLOTTE DESSERT

**This dainty dessert will add a happy ending to any Christmas dinner**

½ envelope Knox Sparkling Gelatine
½ dozen rolled stale macaroons
1 dozen marshmallows, cut in small pieces
2 tablespoonfuls chopped candied cherries
¼ pound blanched and chopped almonds
1 cup sugar
1 pint heavy cream
1 teaspoonful vanilla
¼ cup boiling water
¼ cup cold water

Soak the gelatine in cold water, dissolve in boiling water and add sugar. When mixture is cold, add cream, beaten until stiff, almonds, macaroons, marshmallows and candied cherries. Flavor with vanilla. Turn into a mold, first dipped in cold water, and chill. Remove from mold and serve with angel cake. This dessert may be made more elaborate by cutting the top from an angel cake or stale sponge cake, and removing some of the inside, leaving a case with three-fourths inch walls, then filling case with mixture, replacing top of cake, covering with frosting, and garnishing with candied cherries and blanched almonds.

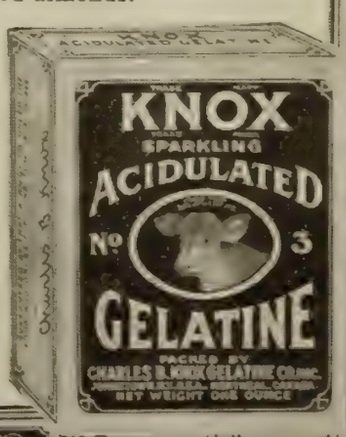



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Send for additional candy recipes and my "Dainty Desserts" and "Food Economy" books. FREE, if you mention your grocer's name and address. Any domestic science teacher can have sufficient gelatine for her class, if she will write me on school stationery, stating quantity and when needed.

*"Whenever a recipe calls for Gelatine — it means Knox"*

KNOX GELATINE—Mrs. Charles B. Knox
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**SERVICE TABLE WAGON**



Large Broad Wide Table Top — Removable Glass Service Tray — Double Drawer — Double Handles — Large Deep Undershelves — "Scientifically Silent" Rubber Tired Swivel Wheels.

A high grade piece of furniture surpassing anything yet attempted for GENERAL UTILITY, ease of action, and absolute noiselessness. WRITE NOW FOR A DESCRIPTIVE PAMPHLET AND DEALER'S NAME.

IT SERVES YOUR HOME AND SAVES YOUR TIME THAT IS PRACTICAL ECONOMY

COMBINATION PRODUCTS CO.
5041 Cunard Bldg. Chicago, Ill.



ROBERTS

**Lightning Mixer**

***Beats Everything***

Beats eggs, whips cream, churns butter, mixes gravies, desserts and dressings, and does the work in a few seconds. Blends and mixes malted milk and all drinks.

**Simple and Strong. Saves work—easy to clean. Most necessary household article. Used by 200,000 housewives.**

**A USEFUL CHRISTMAS GIFT**

If your dealer does not carry this, we will send prepaid quart size $1.00, pint size 75c. Far West and South, quart $1.25, pint 90c. Recipe book free with mixer.

**NATIONAL CO.** 165 OLIVER ST., BOSTON, MASS.

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100 recipes. Brief but complete. **15c** by mail. 100 Meatless recipes **15c.** 50 Sandwich recipes **15c.** All three **30c.**

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**Delicious Whipped Cream**

can be easily made from ordinary Table Cream by adding a few drops of

**Farrand's Cream Whip**

*Send us 30c for full ounce bottle if your grocer does not carry it.*

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Cleveland, Ohio

**USED DAILY IN A MILLION HOMES**

**Colburn's**
Red Label
**Spices**
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The training is based on our *Household Engineering* course, with much of our *Home Economics* and *Lessons in Cooking* courses required. Usually the work can be completed and diploma awarded in six months, though three years is allowed. The lessons are wonderfully interesting and just what *every* housekeeper *ought* to have for her own home.

To those who enroll this month, we are allowing a very low introductory tuition, and are giving, free, our COMPLETE DOMESTIC SCIENCE LIBRARY, beautifully bound in three-fourths leather style. This contains our full Home Economics, Lessons in Cooking and Household Engineering courses — 4,000 pages, 1,500 illustrations, — a complete professional library.

This is only one of several professional and homemaker's courses included in our special offer. Full details on request.

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Riteshape wooden dishes are sanitary, economical and are useful in the home.

Scientific investigation has proven it. We will send you this scientific data if you are interested.

Ask your grocer and butcher to use Riteshape dishes for bulk foods.

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110 W. 40th ST.
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*WESTERN SALES OFFICE*
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CHICAGO, ILL.

# NESNAH DESSERTS

**(Made in a jiffy)**

Not the Christmas Dinner but the dessert is the thing that leaves a feeling that you have not dined wisely. Our Grandfathers could eat heavy plum pudding and hearty pies, but today a lighter dessert finishes the more carefully prepared Christmas feast.

Nesnah Sherbet, Nesnah Pudding, Nesnah Ice Cream are dainty desserts which give just the right balance to the Christmas Dinner. The sugar and the flavor is already in this delicious dessert.

## Nesnah Ice Cream

One gallon

2 quarts milk 1 pint cream

3 packages of Nesnah

Heat two quarts of milk lukewarm (remove from stove), drop the NESNAH into it and dissolve by stirring for one-half minute. Pour mixture into ice-cream can and let it stand undisturbed ten or fifteen minutes until set; pack with ice and salt; freeze to a thick mush before adding cream, then continue freezing. Crushed and sweetened fruit can be added with cream.

## Nesnah Pudding

Dissolve one package of Raspberry Nesnah in one quart of warm milk. Pour immediately into small cups containing chopped fruit and nuts; when cool place in refrigerator to chill. Serve with whipped cream.

Six pure Flavors

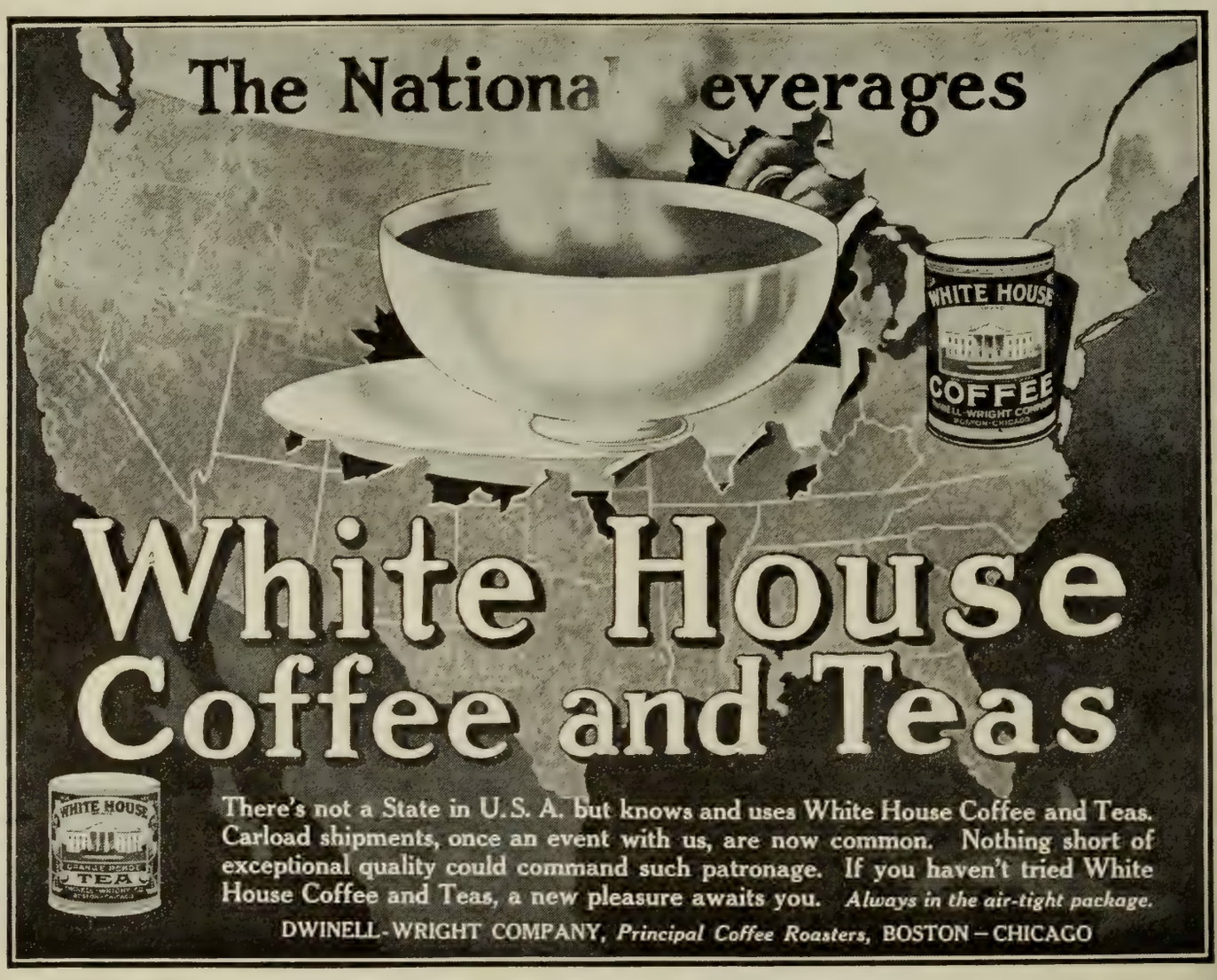
Vanilla Chocolate Lemon Orange Raspberry Almond

A post card will bring a free sample and a booklet of recipes.

# CHR. HANSEN'S LABORATORY

**BOX 2507, LITTLE FALLS, N. Y.**





Kellogg's KRUMBLED BRAN for Better Health




*Dont be constipated. Eat our bran every morning as a cereal. Youll like its looks, enjoy its taste, and value its benefits. Each package is identified and guaranteed by my signature.*

*W. K. Kellogg*

# You never tasted bran so good— You never saw bran so different!

Look at the actual picture of Kellogg's Krumbled Bran. See what a *real cereal food* Kelloggs have made of bran.

You may have been disappointed in bran–you may not have liked its looks or its lack of taste.

Now you have a real surprise and a real treat, if you will buy a package of Kellogg's Krumbled Bran from your grocer and try it.

It doesn't *look* like bran—it is shredded and toasted, like Kellogg's Krumbles.

It doesn't *taste* like bran—it has an appetizing, tempting flavor, like Kellogg's Toasted Corn Flakes.

It doesn't get stale and tasteless—it is protected by Kellogg's *"Waxtite"* package—like all Kellogg products.

Don't be constipated. Don't let constipation even begin. Constipation fills your system with poisons. It often causes sick headaches; it slows you up mentally and physically.

It is a pleasure to overcome and avoid constipation and its evils in this *natural* way—by eating Kellogg's Krumbled Bran. You don't have to wait till baking day to get its benefits.

It is ready to eat with milk or cream at breakfast—just as you eat any cereal; for it *is* a cereal food. Children love it.

Or you can add to it any cereal you eat. The important thing is to eat some of it every day—and to be sure that you get Kellogg's Krumbled Bran.

You will know it by the familiar red and green "Waxtite" package, similar to that of Kellogg's Toasted Corn Flakes, bearing the signature of W. K. Kellogg.

Try Kellogg's Krumbled Bran now. Buy a package from your grocer. Eat it at breakfast as a cereal. Make muffins, bread, pancakes, etc., with it. Recipes on each package. You will find them most delicious, too.

**Kellogg Toasted Corn Flake Co.**
**Battle Creek, Mich. Toronto, Can.**

# Double the Convenience of your Electricity



Make your single sockets double workers! To get two uses at once from an electric light socket is often a necessity—always a convenience. The

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fits any single socket. Turns it into two instantly. With it, you can use any appliance by day without the inconvenience of removing the light—and by night with the added advantage of light. Millions now in use. Descriptive folder free on request.

**Every Wired Home Needs Three or More**

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**3 for $3.50**
**OR $1.25 EACH**

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**BENJAMIN ELECTRIC MFG. CO.**

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*Benjamin No. 2450 Shade Holder makes it easy to use any shade with your Benjamin Two-Way Plug. Price 15 cents.*

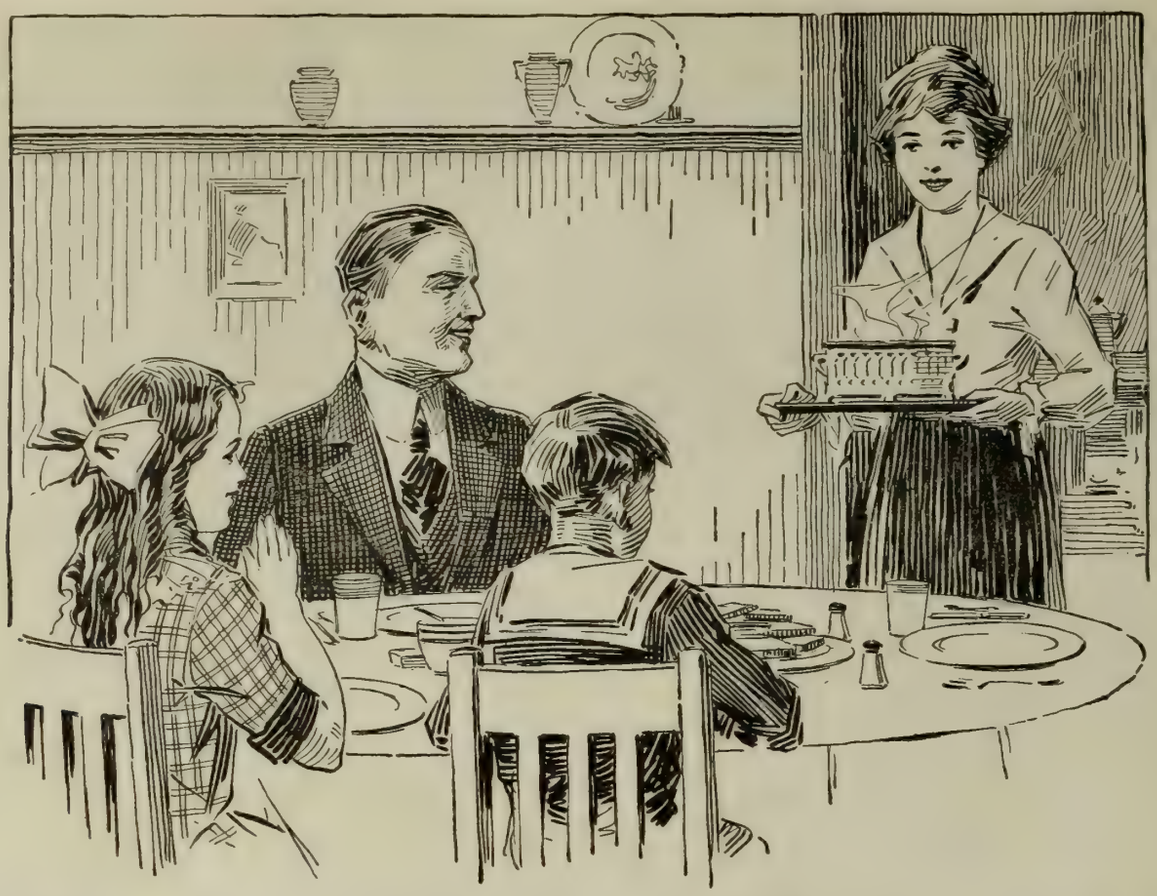
*Benjamin No. 903 Swivel Attachment Plug screws into any electric socket without twisting the cord.*




The season of Good Cheer calls for the choicest of good things to eat. Wilson's Certified Ham, Bacon and other Certified products measure up to the standards of excellence which the Holidays bring to mind. They are selected, handled and prepared with the respect your own mother would show toward them. The Wilson Certified Label is an expression of that Good Will and Good Service which adds to Good Cheer.

"This mark WILSON & CO. your guarantee"

*The Wilson Label protects your table*



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NEW YORK CHICAGO

*If your dealer does not have Elkhorn Cheese in Tins, send his name and 10c in stamps or coin for sample tin of Kraft plain or Pimento flavor, or 20c for both. Illustrated book of recipes free. Address 361-3 River St., Chicago, Illinois.*





# Christmas Cocoanut Candies



### COCOANUT SNOWBALLS

4 cups powdered sugar
1 egg-white, beaten
4 tablespoons water
1 cup Dromedary Cocoanut
1 teaspoon vanilla extract
½ teaspoon lemon extract

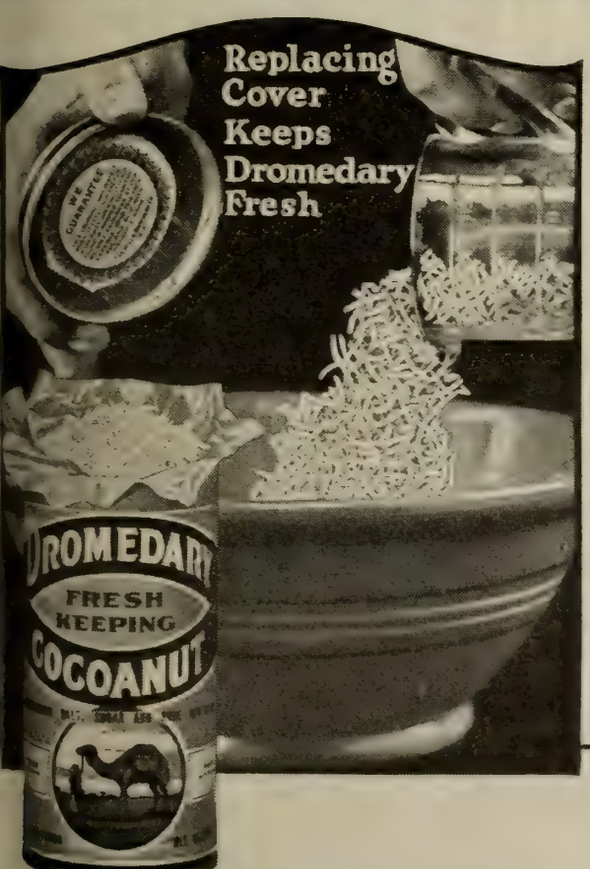
Mix sugar, white of egg beaten to a stiff froth, and water, then add Dromedary Cocoanut, vanilla and lemon extracts. Beat until stiff, then mold into small balls. Lay on waxed paper and set in a cool place to harden. Serve, if desired, in bon-bon cases. Cocoanut fudge and penuche are also delicious.

### COCOANUT AND CHOCOLATE CREAM ROCKS

1 pound sugar
½ cupful water
⅛ teaspoon cream of tartar
1 cup Dromedary Cocoanut
Few drops vanilla extract
2 squares unsweetened chocolate melted

Boil sugar, water, and cream of tartar three minutes after actual boiling commences; remove from fire and stir until the sirup becomes cloudy, then add Dromedary Cocoanut. Flavor one half of mixture with extract, and flavor second half with chocolate. Drop from a spoon in rocky cakes on waxed paper.

## HOME MADE CANDIES — IDEAL CHRISTMAS GIFTS




Cocoanut Candies are easy to make successfully and everyone likes them.

Flavor and freshness are the important points in good cocoanut candies.

Dromedary Cocoanut insures against disappointment because it is always fresh, moist, and full-flavored.

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Many novel candy recipes will be found in the latest Dromedary Cook Book. Write today for Free copy — help Santa Claus make this a candy Christmas.

The HILLS BROTHERS Co.
Department G 375 Washington St., New York

DROMEDARY
FRESH
KEEPING
COCOANUT



# Minute Tapioca

**COFFEE TAPIOCA**

3 cups hot coffee, 1-2 cup Minute Tapioca, 1-2 cup sugar, 1-4 teaspoonful salt. Boil 15 minutes. Serve cold with vanilla-flavored whipped cream.




## SERVE IT OFTEN

Minute Tapioca is an energy-building food of which the family never tires. It is so delicate that it blends and brings out the full flavor of the fruit or other ingredients with which you use it. Easily digested, it is as good for dyspeptic Uncle John and tiny Mary as it is for every one else.

Coffee Tapioca is an excellent way to use up the coffee which is left over from breakfast. Save the coffee in the ice-chest until you have the amount required.

Give your family Minute Tapioca over and over again. It is one of the best foods for building up health and strength. It can be used in such a number of desserts, salads, soups, and entrees that it will never have the flat flavor of monotony.

Minute Tapioca is always ready for use and may be thoroughly cooked in fifteen minutes. Be sure that the familiar red and blue package is always on your pantry shelf.

*The NEW Minute Cook Book has many new receipts for the use of Minute Tapioca and Minute Gelatine. We will gladly send it to you on request.*

**Minute Tapioca Company, 112 Washington St., Orange, Mass.**

# The Only Coconut Canned in its Own Milk

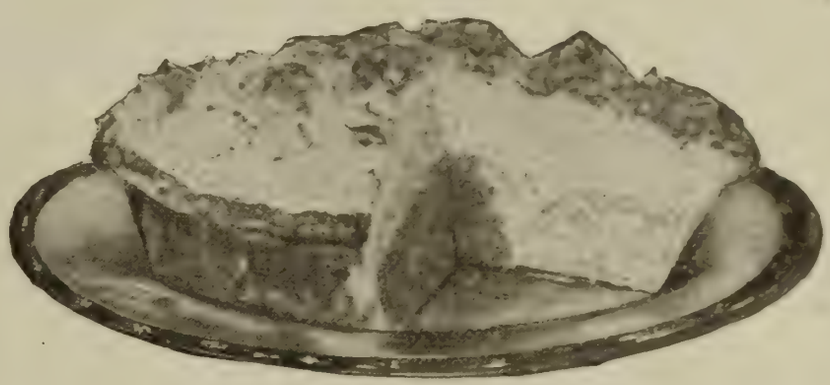
**Try Making This Coconut Pie**

1 cupful Baker's Canned Coconut (pressed from milk)
½ to ¾ cupful granulated sugar
2 level tablespoonfuls cornstarch (or flour)
2 eggs
Pinch of salt
1 cupful coconut milk and milk

Add beaten egg yolks and cornstarch to milk, place over slow fire and stir until cooked thick. Remove from fire and add about 2-3 of the coconut.

Pour into one large (or two small) baked crusts and cover with stiffly beaten egg whites, to which two or three tablespoonfuls of powdered or granulated sugar have been added. Sprinkle coconut on top and brown quickly in oven.

NOTE — If meringue pie is not wanted, omit cornstarch and use eggs unseparated in mixture.



**BAKER'S — that's the coconut which makes this pie so rich in flavor — so luscious with the true taste of the fresh nut.** For Baker's Coconut is the only ready-grated kind which is packed in a can in its own milk, and it is this milk which preserves the taste of the newly picked nut.

**Many Other Coconut Recipes**
just as appetizing, are in our new Recipe Booklet, which will be sent you, and any friends you mention, FREE on request.

**The Franklin Baker Co.**
**Philadelphia, Pa.**

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# BAKER'S FRESH GRATED COCONUT

# A Perfect Knife for Grape Fruit

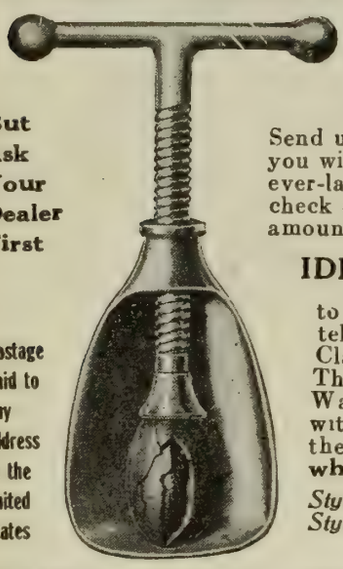



*No. 10. U. S. Patent 48236*

The blade of this knife is made from highly tempered, high quality, cutlery steel, curved so as to remove center and to cut cleanly and quickly around the edge, dividing the fruit in segments ready for eating. An added feature is the round end which prevents cutting the outer skin. The popularity of grapefruit is growing so rapidly that this knife for time saving and handiness is a necessity. For sale at the best dealers. If not found with your hardware dealer we would be glad to send by mail, providing dealer's name is sent, with 50 cents, which covers cost of postage.

**THE EMPIRE KNIFE CO.** *Sole Manufacturers* **WINSTED, CONN.**

**Established 1856** *Trade Mark "EMPIRE" Registered U. S. Patent Office.*



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Send us names of all friends to whom you wish to give an inexpensive but ever-lasting Christmas Gift—with a check or money order for the proper amount; and we will mail an

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to each one, with a pleasant letter telling who is playing "Santa Claus" thru us.
The "Ideal" cracks any Pecan, Walnut, Brazil Nut, Filbert, etc., with a quick and easy twist of the wrist, bringing out the kernel **whole.**

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**FLEISCHMANN'S YEAST**

# WAGNER CAST ALUMINUM WARE for Christmas



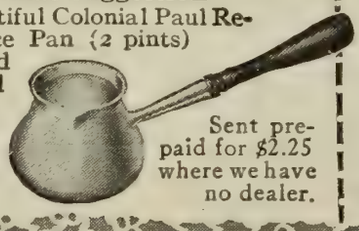
Nothing better typifies the everlasting spirit of the Christmas season than Wagner Cast Aluminum—the "Sterling" of the kitchen. Its purity, its cleanliness, its beauty of form and silvery sheen make it the ideal gift.

Every utensil is cast (not stamped or spun) in one solid, seamless piece. It neither chips nor warps. Acids do not discolor it. Its worth becomes more evident with the passing of the years.

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This beautiful Colonial Paul Revere Sauce Pan (2 pints) Polished Rubberoid Handle—a gift that combines beauty with usefulness.



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when cooking and serving it. No other seasonings add such spicy fragrance — no other condiments bring out the inherent goodness of the ham. For more than a century, Stickney & Poor's Mustards, Spices, Seasonings and Flavorings have enjoyed the approval of New England housewives because of their unfailing purity, quality and fine flavor. *You'll* find them best for every seasoning purpose. Ask your grocer for Stickney & Poor's — always. Then you'll be certain of satisfaction.

Your co-operating servant

MUSTARDPOT



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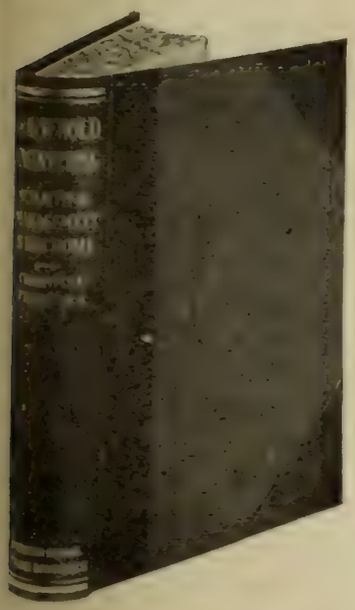
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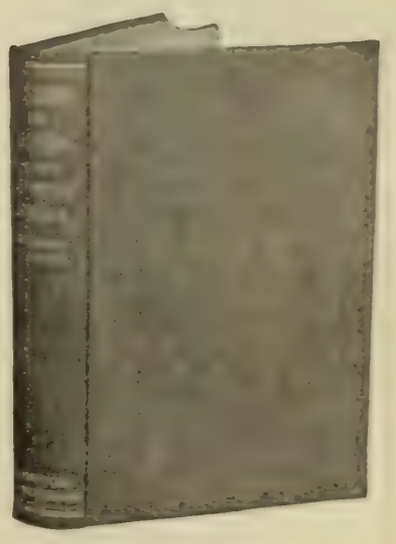
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# AMERICAN COOKERY

Vol. XXIV JANUARY, 1920 No. 6

## CONTENTS FOR JANUARY


| | | PAGE |
|---|---|---|
| BRINGING SPRINGTIME INDOORS IN WINTER. Ill. | Jane Vos | 411 |
| OWNING ONE'S OWN. Ill. | Ruth Fargo | 415 |
| STRANDED | Phoebe D. Rulon | 419 |
| SERVING FOODS ATTRACTIVELY | Emma Gary Wallace | 423 |
| THE YOUNGEST BRIDE AND THE HOUSEHOLD GOSPEL | Mrs. Margery Fifield | 426 |
| NEW YEAR'S CAKES OF LONG AGO | Elizabeth Kimball | 428 |
| EDITORIALS | | 430 |
| SEASONABLE-AND-TESTED RECIPES (Illustrated with half-tone engravings of prepared dishes) | Janet M. Hill and Mary D. Chambers | 433 |
| MENUS, SIMPLE, WELL-BALANCED, FOR WEEK IN JANUARY | Mary D. Chambers | 441 |
| MENUS, A PAGE OF BREAKFASTS | Mary D. Chambers | 442 |
| TO RAISE A FAMILY IN WHOSE ARTERIES THE BLOOD LEAPS | Kurt Heppe | 443 |
| SOLVING A PROBLEM IN HOUSEHOLD ECONOMICS | Robert H. Moulton | 445 |
| THE RENEGADE | Donald F. R. MacGregor | 446 |
| HOME IDEAS AND ECONOMIES: — The Cluttered House — Penny Saved is Penny Earned — Honey Desserts — Two Choice Cookies — Pound Cake — An Artistic, Inexpensive Breakfast Room — Washing Lace | | 447 |
| QUERIES AND ANSWERS | | 451 |
| THE SILVER LINING | | 458 |
| MISCELLANEOUS | | 462 |


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# INDEX FOR JANUARY


PAGE

Bringing Springtime Indoors in Winter . . . . . 411
Editorials . . . . . 430
Home Ideas and Economies . . . . . 447
Menus . . . . . 441, 442
New Year's Cakes of Long Ago . . . . . 428
Owning One's Own . . . . . 415
Renegade, The . . . . . 446
Serving Foods Attractively . . . . . 423
Solving a Problem in Household Economics . . . . . 445
Stranded . . . . . 419
To Raise a Family in Whose Arteries the Blood Leaps . . . . 443
Youngest Bride and the Household Gospel, The . . . . . 426


## SEASONABLE-AND-TESTED RECIPES


Apples, Stuffed . . . . . 437
Cake, Chocolate (Exchange Style). Ill. 439
Canapés. Ill. . . . . 439
Chicken Supreme en Surprise. Ill. . . 434
Dinner, New England Boiled. Ill. . . 436
Eggs, Spanish . . . . . 434
Halibut, Turbans of, French Fried Potatoes. Ill. . . . . 436
Ham, Smothered . . . . . 434
Icing for Chocolate Cake . . . 440
Mayonnaise, Mock . . . . . 438
Pie, Shepherd's, of Beef and Oysters. Ill. 434
Rarebit, Olive . . . . . 436
Rolls, Finger . . . . . 437
Rolls, Sausage-and-Veal. Ill. . . 434
Salad, Date-and-Banana. Ill. . . 438
Salad, Stuffed Peach . . . . 439
Salad, Yankee Potato. Ill. . . . 437
Sandwiches, Cheese-and-English-Walnut. Ill. . . . . 440
Sandwiches, Mint . . . . . 440
Sandwiches, Pimiento . . . . 440
Sausage with Apple Rings. Ill. . . 437
Soup, Clear . . . . . 433
Soup, Emergency . . . . . 433
Timbale, Cold Apple . . . . 438
Toast, Cinnamon. Ill. . . . . 439


## QUERIES AND ANSWERS


Almonds, to blanch, brown, and salt . 452
Beef Olives with Apples . . . 454
Cake, Sour Cream . . . . . 456
Filling, Pineapple, for Layer Cake . . 456
Five O'clock Tea, Menu for . . . 451
Jujubes, Raspberry . . . . . 451
Mincemeat without Meat . . . 452
Oysters, Jellied . . . . . 454
Pastilles, Orange . . . . . 452
Sunday Night Supper Dishes . . . 454
Toasts for Dinner Occasions . . . 451
Turkish Delight . . . . . 452
Veal Loaf with Little Meat . . . 454



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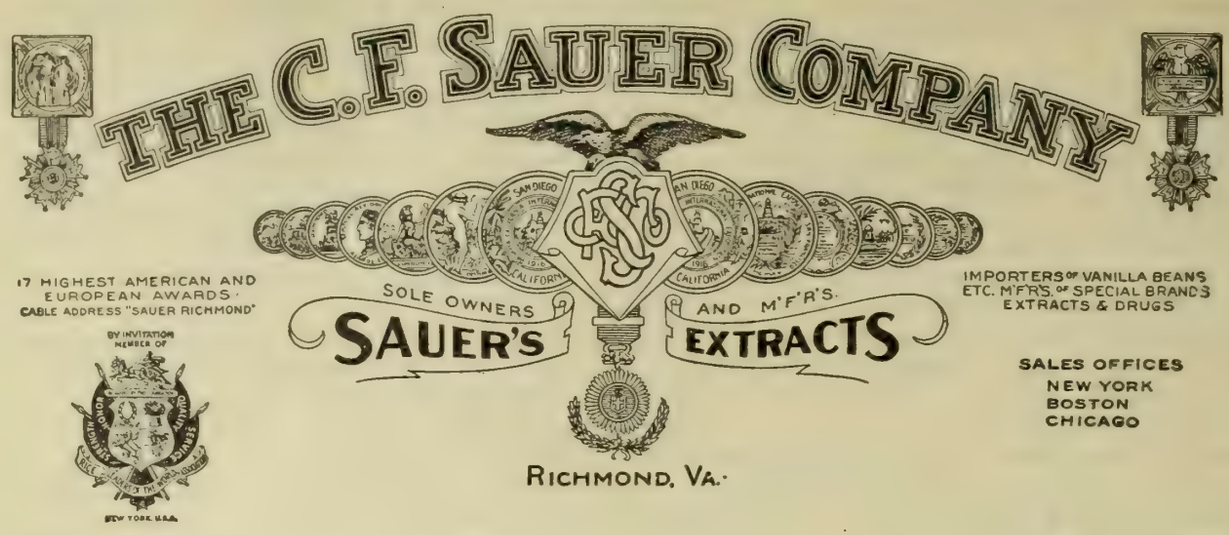
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# A Receipt for Salad

To make this condiment your poet begs
The pounded yellow of two hard-boiled eggs;
Two boiled potatoes, passed through kitchen sieve,
Smoothness and softness to the salad give;
Let onion atoms lurk within the bowl,
And, half suspected, animate the whole;
Of mordant mustard add a single spoon,
Distrust the condiment that bites too soon;
But deem it not, thou man of herbs, a fault
To add a double quantity of salt;
Four times the spoon with oil from Lucca crown,
And twice with vinegar, procured from town;
And lastly, o'er the flavored compound toss
A magic soupçon of anchovy sauce.
O green and glorious! O herbaceous treat!
'Twould tempt the dying anchorite to eat;
Back to the world he'd turn his fleeting soul,
And plunge his fingers in the salad bowl;
Serenely full, the epicure would say,
"Fate cannot harm me — I have dined today."

*Sydney Smith.*



OUR APPLE-GREEN ROOM WITH FLOWERS FROM OUR OWN GARDEN

# American Cookery

VOL. XXIV JANUARY No. 6

## Bringing Springtime Indoors in Winter

By Jane Vos

THERE are several little missionaries in both the floral and bulb families, divinely appointed, it seems, to give us comfort and cheer during the winter months when their outdoor relatives of the crocus, trillium, hyacinth, and daffodil families are hidden away under snowy coverlets. Most bulbs, of course, require fall planting in order to mature in March and April; but even if one has been neglectful, there is still an alternative. A winter window-garden may be started as late as January, and a succession of blooms joy the heart of the belated gardener.

Have your Jack-of-all-Trades fit a box to the window of your living-room where it will receive the most sunlight. Plants, like human beings, require sunshine, fresh air, and water. Their habits, too, need to be studied as carefully as those of children, if you wish to become acquainted with them and their specific needs. Paint the box a dark woods green, and fill with rich earth. Now fill with a uniform row of scarlet, pink, or white geraniums, but do not mix these shades. There is no other plant that lends so cheerful a color note to a living-room in winter as the red geranium. Even if these joy-givers must be planted in homely pots, kegs, or pails, these receptacles may be painted green, and when the plants are a mass of bloom in the window against their snowy background beyond, the former will be forgotten.

If the window-box be preferred without, rather than within, fill it with American arbor vitæ, boxwood, or small cedars. All during the balance of the winter months the birds will make of this miniature forest their trysting place, and Grown Ups as well as Little Folks will enjoy nothing better than watching the wee feathered friends who accept the hospitality of its shelter. One family of bird-lovers call their outdoor window-garden a "Free Lunch Counter," and here they entertain the same birds and squirrels year after year.

Personally, I have never discovered any indoor flowering plants that give me quite as much satisfaction as bulbs, and with but one exception we have always managed to have a succession of blooms from Thanksgiving until Easter. That year it was after New Year's when we returned to our northern domicile, and among our first homing thoughts was our winter window-garden.

Two dozen Chinese Sacred lilies at a dollar a dozen were started at once, and we often said afterwards that we never invested two dollars that brought us so much real pleasure. From three to



A POT OF FERNS

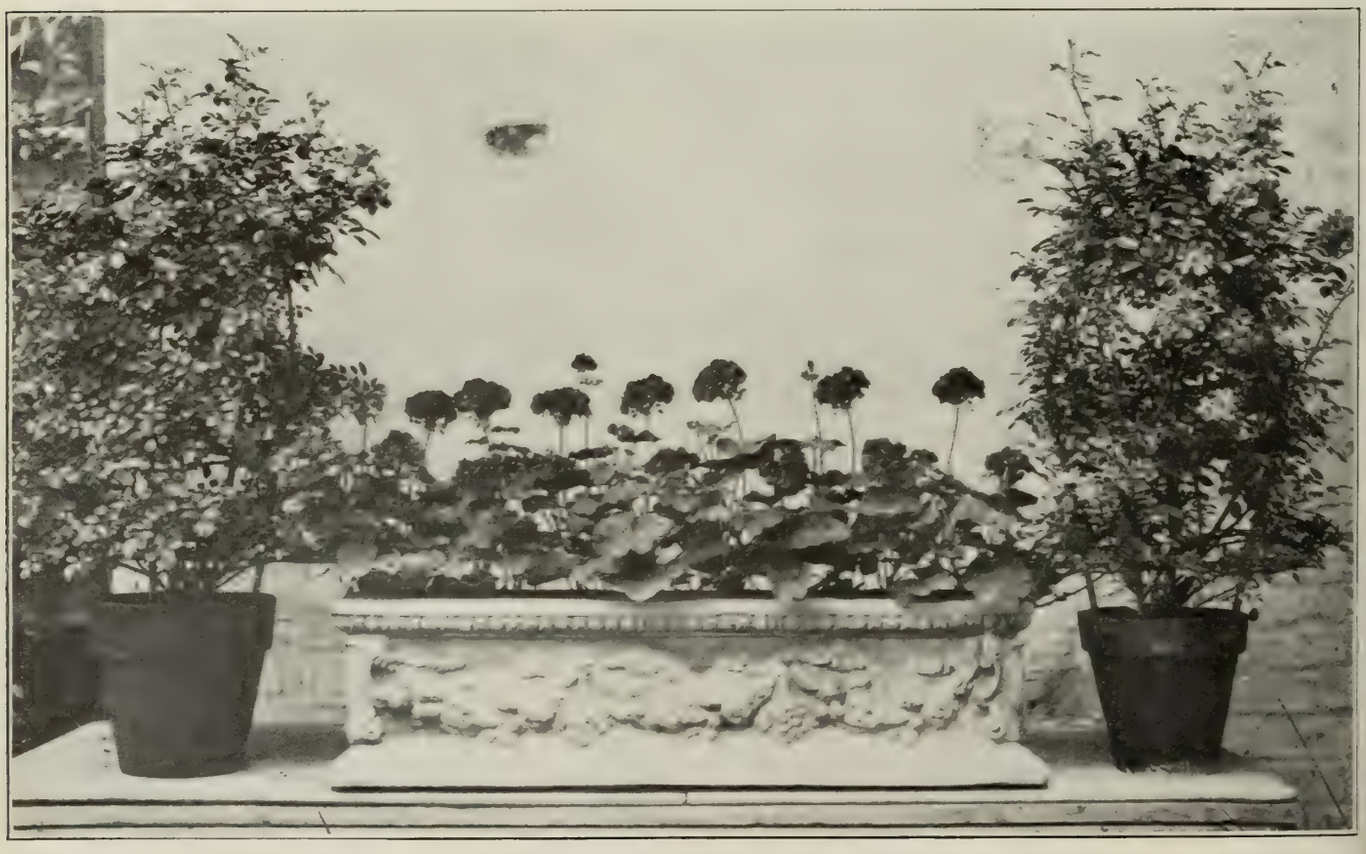
five of these bulbs were planted in six large-sized, green Japanese bowls, four inches deep. The bulbs were filled in with small pebbles and shells, carefully hoarded from year to year. Even they have their memories, as they have been gathered on various pleasure jaunts to the antipodes. In placing the pebbles to hold the bulbs in place we were careful to do so in such a way that the roots would not raise them too high above the water. The latter, of course, should reach halfway up the side of the bulb.

We always set our bulbs away in a dark place for a few days to encourage root growth. They take such a prompt start, however, that the six or eight weeks of darkness prescribed for other potted bulbs, such as Roman hyacinths, Von Sion narcissus, and crocuses, is impossible.

By starting new bowls of bulbs two weeks apart there is sure to be continuous bloom. To be sure, these blossoms are a transitory pleasure, but they give so much satisfaction while they do last that they amply repay one for the slight expenditure. As to growing them, this is no trouble at all, as they perform the feat themselves, aside from a daily drink of tepid water.

We have never failed to have Chinese lilies or narcissi in bloom three weeks from the time of planting, each bulb sending up several stems, with from eight to twelve flowers on each, an inch and a half across.

When they commence to bloom, we give them a drink of cold water daily, instead of tepid water, and diligently watch for faded blooms. The symphony must not be marred. For three or four weeks we have fresh lilies for our dining-room table, as well as in our window-garden. Moreover, the green leaves are so beautiful that we never throw them away, even after the last blossom has disappeared. The blossom stems are cut off and fresh water added to the bowl daily, thus keeping them green as long as possible. When yellowish edges begin to appear, they are carefully trimmed with a pair of sharp scissors. By and by, the bulbs are cut off, as they are now useless, and their roots take up too much room in the bowl, crowding the pebbles out. All



WINDOW BOX OF SCARLET GERANIUMS; ROSE TREES AT EACH END



ANY ONE CAN MAKE A JAPANESE GARDEN

the green leaves are therefore placed together in an ornamental pitcher, in order to hold them upright, and this receptacle is set at one end of the mantel before a Chinese Chippendale mirror. Here they reflect their verdant beauty until nearly springtime, if fresh water be given them daily.

Many people confuse Chinese Sacred lilies with Paper White Narcissi. The latter have pure white cups and petals, also, but the flowers are larger. The lilies are single, and have waxen white petals. The Empress is double yellow; the Narcissus is bright yellow with a cup of a darker shade, several flowers to the stem. The latter is a close relative to the Chinese lily, and is almost a counterpart, except in color.

While any of the foregoing will thrive in earth, we prefer to grow them in water, as they appear so much more artistic with the attractive pebbles and shells about them, especially where these are colored. If planted in early January, you will have blooms by the middle of February, at the latest, earlier if there is moisture in the room. A bowl of water on a radiator will create the necessary moisture, and force blooms, generally in twenty-three days.

Some of the early varieties of the Duc Von Thal tulips can be raised in water the same as lilies, narcissi, and hyacinths, if perfect specimens are chosen. This can be determined by noting that the skin of the bulb is a reddish color, the result of its being grown in the proper sandy soil.

Crocuses in yellow, white, purple, streaked and striped varieties are favorites with us for indoor as well as outdoor planting. We are careful in selecting bulbs that measure about four inches around. These cost ten cents apiece, and under favorable conditions yield from a half-dozen to a dozen flowers, each. Plant half a dozen of the corms in large, shallow boxes or pots and set them away in the cellar to take root. When they begin to appear above the soil, round the middle of February, bring them up to the light and set in the window. Within a fortnight the leaves and buds will break through the sheaths, lasting until April.

Being nature lovers, we always manage to bring in a few sprays of pussy-willow twigs and grow them all winter in our table-bowl. By January the little buds are hidden away on their stems under the snow, but we always find half a dozen

twigs to transplant to out window-garden. Failing to do so, why not buy a few from the florist and know the joy of seeing them take root in your centerpiece? In a short time the baby catkins will poke out their heads, and you will have a pussy-willow tree all your own.

Have you ever known the delight of forcing a bunch of lilacs into bloom, in the winter time? If not, cut off a twig from your favorite lilac tree and watch a miracle.

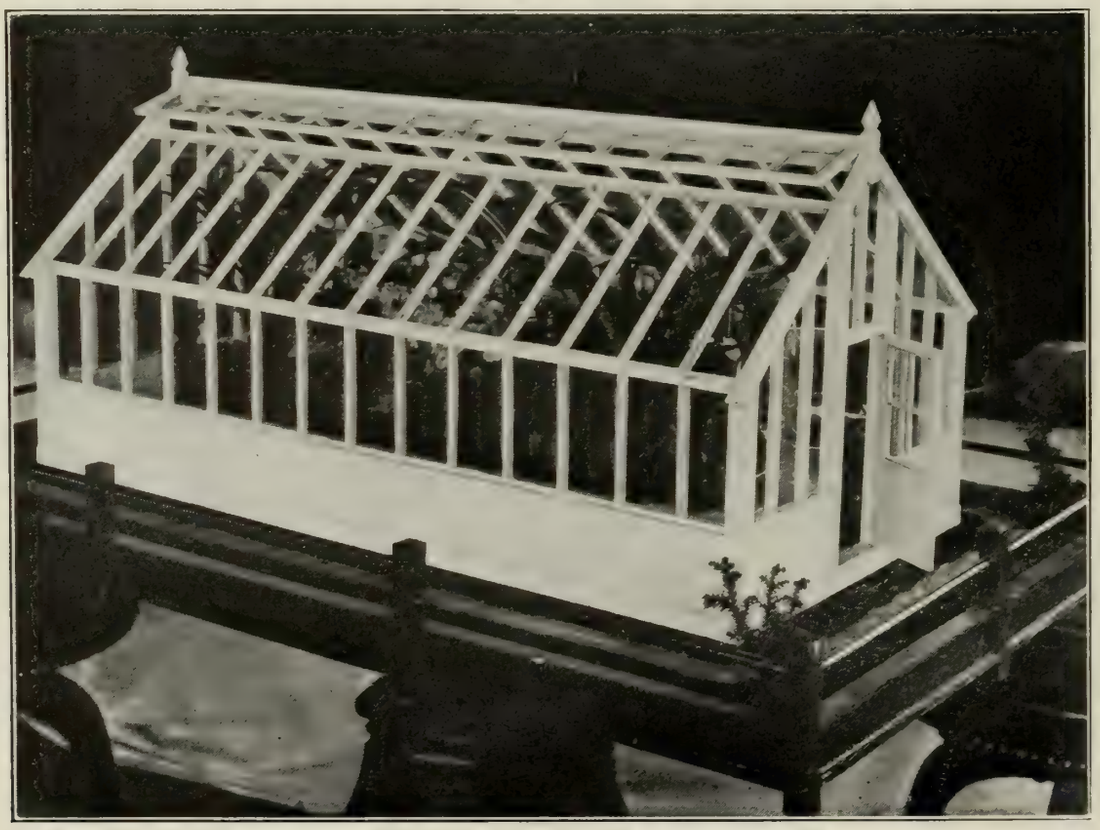
Why not have a fern pan filled with Adiantum Farleynse, or maidenhair fern? It not only makes a beautiful window adornment, but it may be used for a centerpiece on your dining-room table whenever your fancy indicates.

Rape seed, also, has its place in a winter window-garden, bringing springtime indoors as does nothing else. Buy a few cents' worth, fill a medium-sized sponge with water, then drain until it will not drip. Sprinkle a quantity of the seeds over the sponge, letting them fall where they will, and then hang the sponge in the window of your living-room where it will get plenty of sunlight. The result will astonish even the most skeptical, for in a very short time the sponge will be a hanging garden of vegetation. Keep it well sprinkled, but not too wet, else it will become a nuisance.

Sometimes when our eyes are aweary for green grass, we fill a couple of baking pans, shallow ones, of course, with a layer of earth, then sprinkle oats over the top. After moistening well, we set the pans down in a shady corner of the cellar. In a few days we bring them up to the windows, and set them where the morning sun will coax them into a veritable carpet of green.

In a few days the sight that greets us is one "for sore eyes." A miracle has happened. There is an even growth of the fresh young oats that appears to be an expanse of well-kept lawn, and we sigh for the springtime.

Have you ever known the joy of growing an English Ivy? To be exact and speak in botanical terms, Ampelopsis Veitchii. The catalogues make no mistake when they tell us that it is the "grandest" climbing vine in existence. It is all this and more. Purchase about four young plants and set them on two



MINIATURE GREENHOUSE OF OUR EMBRYO FLORIST

brackets on either side of the window of your living-room. In a few weeks the tender shoots will become more ambitious and they will want to travel beyond the window to behold the great world. A mirror somewhere in the vicinity of the window may have the ivy trained round it for a frame, and the rich, glossy leaves will soon reflect in the glass.

The boy in our house, who loves to experiment in the growing of plants, especially in the winter time, has built a miniature greenhouse minus the glass, which he can slip on and off his plants when he waters them. This embryo florist has transformed an old billiard table into a "greensward," its sides built up to form sufficient depth for soil and the growing of his pets. It is a clever conceit, and one that we all enjoy along with him. It is he who whittles our bird and bunny sticks for planting in our several window-gardens, while Little Sister paints them from her little water color box.

We each have our little wall hanging baskets made of raffia, or of wood painted to suit our individual tastes, and we vie with one another growing our favorite vines and flowers. At the end of the season we hold a miniature flower show, inviting in all our intimate friends, to see what we have accomplished in limited space, and time. Both grand and booby prizes are awarded.

Last year, in order to bring springtime into the home in the winter, we made one end of our living-room as summery as possible, using our rattan furniture, upholstered in its gay cretonnes.

We used the porch for a breakfast room, painting an old oak set an apple green. With flowers on the center of our festal board every morning of our lives from our own miniature conservatory, we felt as rich as Crœsus.

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# Owning One's Own

## By Ruth Fargo

"NO, ma'am, I can't do it. I can't let you have the house. I don't want to spend a good lump sum on repairs come six months; I got some other use for my money. — No, ma'am, I don't think your kids are any worse'n anybody else's kids. It just ain't kid-nature to keep things nice — and these floors, ma'am, I just had done over new. Anyhow, five's too many for me," with a lugubrious shake of the head.

That is why we became commuters when my husband settled into his new work in a town of some fifteen thousand inhabitants. We couldn't find a house to live in, not with our five children. The places I could get, I wouldn't have — rattle-trap, inconvenient, old-fashioned barns! And the places I wanted, I couldn't get. They were all like the landlord quoted above; and he had the last available place on my list. What could we do about it? We had five children, and we had to live somewhere. Back home, we had owned our own house; we had always considered the children in the light of an asset (darling little assets, every one of them), protecting us from the loneliness of old age. In a new place, however, five children proved a decided handicap.

Concealing my chagrin as best I could, I turned away, took the first trolley car that came along, and rode to the end of the line. It was an aimless trip. But it would not have been profitless, even had it not brought the surprising results it did: there is nothing like the



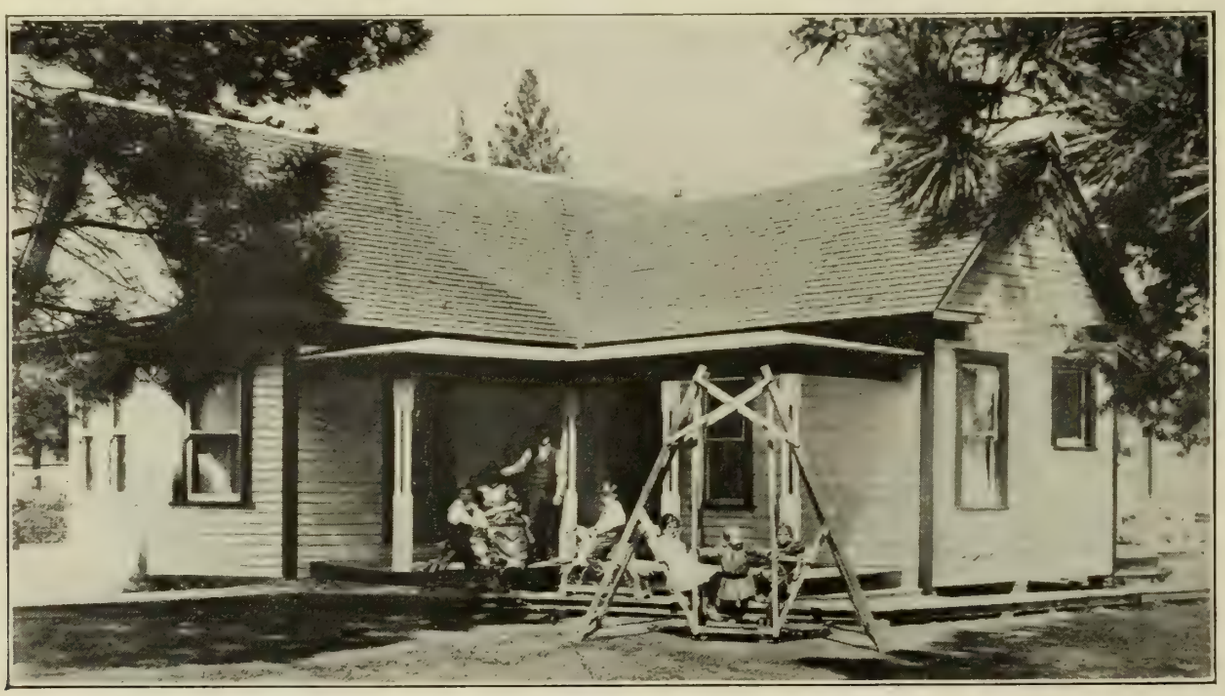
A PERFECT PEARL OF A POOL

exhilarating sting of a good stiff breeze to brush old cobwebs from the brain. By the time I had reached the end of the run I was sweet-tempered again, ready to laugh at the predicaments lying in wait for a Mother of Five, ready for anything. Perhaps that is why the first sight of my pines, as I leaned from the car step, gave me a thrill of joy. Big and shady and picturesque they stood, looking as dependable as the law of gravitation; and right back of them, half-hidden by greenery, was tucked in a sturdy little shack, unpainted and needing a porch. But all of the needs I did not notice just then, because the whole place seemed to hold out arms in welcome, seemed to say: "Five? Why, we don't mind five at all. Why, five is an adorable number—we can tuck away five the easiest ever—and there's no new finish to spoil! Suppose — why, suppose—?"

Perhaps that is why I dropped down off the steps. "I'll wait over here till your next trip out," I told the conductor.

And then I made myself quite at home, because there was a sign which said FOR SALE, and because a neighbor-man with a rake and a very raggedy hat and a most reassuring smile told me to, and because I had a sort of prescience tingling through my bones that this place was going to mean much to me. I traveled all over the two acres that went with the little tumbledy shack of a house; I sat under the pines and filled my lungs with the spicy fragrance; I found the bend in the creek back of the house — a horseshoe bend that hovered over a perfect pearl of a pool, sandy-bottomed, mirror-surfaced, coolly challenging every one to go a-wading! . . .

"I've discovered an absolute duck of



THE HOUSE AT THE END OF SOME TROLLEY LINE

a place — and it isn't polished — but there's room for five — only you'll have to buy, because it isn't for rent, but it's abominably cheap — and two heavenly pines thrown in for good measure!" I explained to Rodney that evening.

And then we went out to look at it — because, as Rodney said, we just had to live somewhere — but Rodney failed to enthuse abundantly.

"Looks like gnomes lived there," he grumbled, eyeing the shadowy, moonlit structure. "Rambles all over the ground like a squash vine."

"Room for five," prompted I; "plus the father and mother of five!"

"A fine chance I'd have to relax," pursued Rodney, critically. "It would be me for overalls and a paint pot, post-haste. And I'd have to put on some porches, of course."

"Professional men get too little exercise," quoted I.

"Humph!"

"And you could do it after hours — and vacations."

"I don't know as I am so awfully keen about such stunts, Sadie May," said my husband. But I could see he was considering.

"It's clean as a whistle inside — and I've picked out a delft blue paper for the dining-room. Why, the ceiling's so low I could do it myself. And with a good stain — " I softly suggested.

"Good as settled," grinned my husband, the middle-aged lines in his face suddenly giving way to the most boyish look. "All right! If you can stand it, I guess I can," and there was actual relief in his tone. "Besides, it will be such fun for the kiddies — little tikes, they need more room than they get on a town lot."

"And they won't be teasing all the time to go play with Arleta Emmons," finished I.

So that is how we came to live in a little low house at the end of the trolley line; a house that rambled around till one had to make sure which door one opened, or one might land in the attic instead of the wood shed; a house that was cheaper and shabbier in many ways than any we had ever lived in before; a house with a sagging back door that mischievously inducted one to the crooked well-trod trail, ending at a perfect pearl of a pond where pussy-willows preened themselves in spring, and the laughter of the neophyte five learning to skate broke the silence in winter.

But it was such a hospitable house. We had never had anything like it. And we ended by loving it.

"I wouldn't trade it for a mansion on the Avenue," affirmed my husband, coming home after dusk one wintry evening. He had been kept late in town. "I'm going to take you to the opera just for the sake of coming home and seeing all those windows lit up." (By the way, I could always ask the grown-up daughter of my raggedy-hatted neighbor-man to stay with the children. She did it for ten cents per hour; and studied her lessons while the little folks slept.) "Sadie May," went on my husband, "this is the friendliest house I ever saw. Why, those windows actually winked at me — I could see 'em a good bit before I got here; and it made me sort of sorry for the fellows back at the office. Most of 'em don't know what a real homey home is like. Let's have 'em out here."

And we did, and popped corn over the coals; corn we had grown in our own garden. For one can do a good bit with two acres of land. Really, we couldn't have been happier, had we been millionaires.

But I am getting ahead of my story, for I did not wait till wintry days to do a little entertaining. There was the Service Club which met alphabetically, and my "turn" came very soon after I moved out to the end of the trolley line. I didn't beg off, as I might, being practically a new-comer (and new-comers must come halfway, I have learned, if they want to get acquainted), and living beyond the city limits. I entertained.

And most everybody came. We overflowed from room to room; we took our cushions out under the pines; we chatted and sewed, and sewed and chatted, till I felt as friendly toward every one as if I had known them all half my life. And some of the younger ones, following five little pairs of pattering feet, — Ellen and Tad and Robert and the twins, — found the sandy-bottomed brook with its sapphire shallows. Of course, they went wading!

"I never entertained so easily in my life," I told Rodney that evening. "I think it is the house. It is so cosy, and so utterly unpretentious, we simply couldn't be stiff, or formal, or unfriendly."

"The value of environment," smiled Rodney.

"And the children didn't even get in the way. In town, I'm sure I should have hired a nursemaid to take them to the park."

"But you could have sent them down to the brook to play," — with cheery assurance.

"Oh, they went. They didn't have to be sent." And then I told Rodney the rest of the story.

But this was not the only time I entertained easily. I invited out my Sunday-school class of young people one evening a little later. It was bright moonlight, but we swung gay Japanese lanterns from the porch to the pines, and about the refreshment booth under the trees. Outdoor eating just added to the fun of the evening. — And then there was one afternoon when Ellen's classmates (Ellen is my oldest, and a regular little mother's maid) came out for a wading party. Of course, our delectable little pond furnished that possibility!

In fact, our pond, with its ripply brook flowing in and out, has been a source of delight the whole year round. Even I, the Mother of Five, have not been able to resist its allurements; and Rodney ever delights in producing a picture — Ellen, and Tad, and I (barefooted, short-skirted, hair down) — with the sober inquiry: "Would you think, now, that was my wife — the Mother of Five?" — But why should I care? My simple little home, so unexacting in its requirements, has given me time to be young with my kiddies; and they are wild with delight when "mother" comes out to play. Verily, I believe I have outrivaled Arleta Emmons in popularity, *since we moved to the end of the trolley*.

But even alone, the children find plenty of amusement; there is ample place to play. Two hobbyhorses live under the pines, and a swing for the twins finds a place in the yard. And Ellen plays "keep school," or, maybe, picks up pine needles for pillows — or makes a snow man. It all depends on the month. There is always something pleasant to do, from the time the trilliums go, clear around the calendar, past dog days and Thanksgiving fun, past Christmas stockings and lace paper valentines, past the blusters of March, which but make our fires burn brighter, on to the bursting of the pussy-willow buds again. Always something pleasant to do! We who have tested the thing through, we — we know.

Once I said to Rodney: "I'm convinced of two things. Really two."

"Two — ?" questioned my placid mate, smiling contentedly.

"Even two," answered I, "and they are these: The mother of five should own her own home. It should be at the end of a trolley line."

My husband reached over and patted my hand. "It's a fine little home," he asseverated serenely, "a lucky little woman's lucky find. I wouldn't trade it for a mansion on the Avenue — even if I do have to shovel snow in the morning."

Trade for a mansion on the Avenue? No — indeed, and indeedy, no! That is the way we feel about it. Yet, some people long to be millionaires! But, then, there is no accounting for tastes. —

Still there come times, certain times, when deep, deep under my skin a certain

elemental sentiment makes its secret self known, and I feel actually sorry for the sordid sorts of people who have never known the keen delights furnished by a rambling shack of one's own — at the end of some trolley line.

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# Stranded

## By Phoebe D. Rulon

IT began way back in March when the landlord came to collect the rent, as he had done on the first day of the month for thirty years and for thirty years had gotten it. Put down in cold figures, thirty dollars per month for thirty years makes a neat little sum. It was small wonder then that John Gibbons felt, in a sense, a sort of proprietary right to the little two-story affair that had so long been his home. With his own hands John had virtually rebuilt the interior of the house. Furthermore, had he not reclaimed the desert of a back yard that he found there until it was redolent of blooms? The stately Rose of Sharon and the lilac bushes, together with the clematis and morning glories, bore testimony to this fact, while a thousand nodding ramblers on the rose arbor every June gave added proof. All during the growing season he would be found at five o'clock in the morning working and smoking in his garden. During the winter months he turned carpenter, decorator, and general repairer. A small workshop in the rear was his "rest-awhile" retreat. There he hammered and sawed to his heart's content, Mary's satisfaction, and the house's improvement. Thrifty wives and handy husbands, what matchless teams they make! It was a pantry shelf here, a swinging shelf there, or a window seat under the otherwise impossible and ugly window in the "parlor," now the "living-room." Mary always saw a future for folks with faults and virtues and furniture with ugliness and good hard wood in it,—a future quite apart from endless fire for the one or transient fire for the other. She did not burn up the old parlor organ case that went with the house when they took it. John transformed it into a built-in set of open book shelves which were ever after a "thing of beauty and a joy forever." Mary found the house as well equipped in closets as a barn, and she said so. Under her direction and John's handiwork closets appeared in every room where necessary and unnecessary partitions disappeared. A boarded-up stairway in the main hall gave the house a very inhospitable look which John proceeded to renovate during vacation time of their first year. From that time on new paper, paint, and bits of plumbing added intrinsic value and homey beauty to the house. And never a bill to the landlord! Was he foolish? Nay, he was splendidly human. He might have done more, he could not have done less and kept the soul of John Gibbons — home maker. He no more thought of the money value of this work than a Leonardo da Vinci of the great picture he painted on the walls of that Italian sanctuary

When they sat at dinner that March evening, Mary announced that Mr. Gray, the landlord, had been there; furthermore, he told her the house had been sold and that the buyer must have possession in six weeks. If Mary had told him that the Statue of Liberty had swam across the Bay and now stood upright in Battery Park, he could not have looked more surprised.

His home bartered away for money. Why! he had been putting himself in

that house for thirty years. Surely they would not sell him and drive him out.

John and Mary had together long cherished a dream that they would end their days here. He had already resigned from the Mercantile Bank, where he had made good for thirty-five years, and was to retire within a month. To this end intelligent saving had been going on ever since Mary came to the house as a bride, with the result that they could count on a modest income of a thousand dollars a year. To awaken to a stern reality after clutching a beautiful dream is a very uncomfortable experience, as John found. He gave up the evening to a vigorous sort of self-pity and went to bed feeling that he had been knocked down and robbed. He awakened the next morning with a new angle of vision, accepted the inevitable, and interviewed real estate agents on his way to the bank. They all told the same tale, "had not had a small house on their books for a year." "Everything snapped up before we can even hang out a sign. Incoming tenants sitting on the curb while outgoing tenants vacate." To divide labors Mary spent the days hunting possible apartments with a discouraging story to tell every night. All their friends became interested and started a search Mrs. Saunders, a neighbor on the next block, heard of just the place for the Gibbonses, but before she could run down and back, it had been taken. A month of such turmoil, without results, decided them to try out of town for the summer, at least. Chesterville is a sleepy old town about fifty miles out from the city, with a summer colony of middle-class folk as a suburb. John found a modest, cosey house untenanted and unspoken for. He did not parley, he took it at once.

It was like pulling things up by the roots to move, and by the end of the process John and Mary looked as withered as a pulled bunch of beets that had lain in the sunlight a couple of days, and they both felt even more sapless. Mary wept many a tear over leaving so much of John's handiwork in the house, and it took a decided wrench to pull him away from the rose-arbor that he had built for Mary on their fifth wedding anniversary. They were, however, a bit comforted with the thought that the new owner might care very much for all their bestowments.

In all the thirty-five years of John Gibbons' clerkship he had never indulged in what one might call a real country vacation. As a boy he had visited his grandfather on a farm where hens were industrious, laid plenty of eggs, and raised large families; where cows gave pails brimful of milk so rich in fat content that churning and butter making was a daily routine; where pigs flourished on the left-overs of the dairy and ham and bacon were an every morning breakfast dish. Childhood memories are tenacious, and he recounted them to Mary en route to Chesterville and told her what they might expect when they were settled there. This was decidedly reviving to their limp spirits, and they began to question whether or no, their forced exodus from the city would not turn out to be a fortunate thing after all. So near the home market they certainly could get foodstuffs at first cost and thus substantially extend their income. By the time the train whistled for Chesterville they were actually enthusiastic over the prospect and their solution of the high cost of living.

The settling process was much less nerve racking than breaking up and was soon accomplished. From the living-room window could be seen broad acres of farm land extending in every direction, dotted with cows, here and there. "That looks good to me," remarked John at their first breakfast. "Plenty of good milk and butter near at hand and no extortionate profiteer to deal with. We shall really take on a new lease of life, Mary dear. I also heard a rooster crow before I was up. That means a barnyard and plenty of fresh eggs, for roosters never lead a bachelor existence." It took them two days to discover that Chester-

ville was near the sea and that they could now and then catch a glint of water from their dining-room windows. When John found this out he rubbed his two hands together and remarked, "Yours truly for fresh fish and clam bakes and all for a song, for there will be no middleman here to control prices. This surely is a fortunate move, little wifey."

During the settling the Gibbonses lived on the food they brought in a hamper from the city, but it soon became necessary for John to forage for supplies. He began on the dairy products. Following the lure of the tinkling cowbell, he brought up at a comfortable farm house with a dozen cows in sight. "Here's my place for milk and butter in abundance," he reflected. But it wasn't. He found upon inquiry that he was a year too late. All customers had to make their contracts a year in advance and go for their own milk. As for butter, the sweet-faced farmer's wife remarked, "most of the Chesterville folks get store butter from Wisconsin." Nothing daunted, John proceeded onward, fetching up in plain sight of a particularly green meadow where two cows were grazing. Closer inspection revealed the fact that they were "tenant cows," so to speak, tethered to a stake with an allotment of so many square yards of grass per day. Landless men and grassless cows—quite a change from grandfather's day thought John Gibbons as he sought the owner of the cows, to learn from him that their entire output of milk was already engaged. "You see, it pays better to sell the milk to city folks during the summer and buy Mellin's Food for the baby," he confided to John. He proffered the information that there was a regular dairy in Chesterville, auto delivery, modern methods and modern top-notch prices. But even this supply was limited, John found upon inquiry, and they had none for him. It was a very limp milk pail and a limper-spirited man that came up the front path after a three hours' search. Mrs. Gibbons took in the situation at a glance, looked up brightly and said: "John, I have just read in the *Housewives' Companion* that you can whip evaporated milk into a stiff froth and also make excellent ice-cream of it, and for rice pudding it is better than loose milk! I shall try it at once and see." Tactful Mary Gibbons never asked him how he made out until after dinner, at which meal an evaporated milk pudding appeared.

It takes more than one defeat to vanquish a good soldier, so the next morning John started in the direction of the rooster's crow in search of fresh eggs. He returned just before noon with half a dozen, for which he paid at the rate of seventy cents a dozen, and was made to feel that he was "favored of the gods" to get even that many. "Eggs is eggs," the farmer told him. "Feed and labor are both very high and it is them that regulates the price of eggs. Hens, too, have a funny way of going on strikes jest as if they belonged to the Union. For instance, this flock of fifty healthy pullets will very soon put their heads together and restrict their entire output to a dozen eggs a week, for they do it every year. Hens won't arbitrate, and all the time they are on a strike they are eating their heads off. We have to reckon on this thing when we make up the price." Here was a new phase of the labor problem that John Gibbons had not met. He wondered if his grandfather had to wrestle with it. He distinctly recalled how many nests he used to find and how many eggs were in them. But, of course, that was before the days of the Labor Union!

From the next egg man he learned that the fashion of "light housekeeping" in our large cities was stripping the country bare of eggs. "For, you see, eggs is about the only meat vittals one can cook on one of them gas contraptions in a hall bedroom. It has got to such a pass here in Chesterville, unless the farmers happen to break an egg now and then in packing them they don't have any for their own table."

This was not a particularly encouraging outlook, so John turned his steps homeward and rehearsed his morning's experience. Again Mary was equal to the emergency and comforted him by a wise bit of preachment. "Eggs are not an absolute necessity and they make a lot of folks bilious," she declared. "Furthermore, I have an excellent 'eggless' cake recipe that I bought at our church fair, where Mrs. Emmons demonstrated it. I shall make one tomorrow."

Friday was fish day at the Gibbonses, as with the rest of the world. John was calling to mind that broad expanse of water stretching out from Chesterville on two sides and speculating aloud as to whether the "high-cost-of-living" bogey had its clutch upon all the fish therein. Before a conclusion was reached, and while they still sat at breakfast, James Garfield — colored — rapped at the kitchen door, and settled it. James is the embodiment of leisure both in movement and utterance, for four generations of tropic poise control his muscular actions. There he stood, perfectly relaxed, with a basket of fish at his side. Here, at least, is a knee that has not knelt to "Midas," thought John as he surveyed the lad. "We sold eels at twenty-five cents a string last summer, but father says they must bring forty now, for shoe leather has gone so high it won't pay to fish and peddle." He was barefooted! "How about clams?" John inquired, for he still had a hankering for a clam bake. "Clams is high, too," James told him, "for father says 'a fisherman's time is worth fifty cents an hour, and one is never sure of his luck—sometimes it ain't no luck at all.'" John felt that there was some logic in this argument, ordered a dozen clams, and remarked to Mary, "Let's have a chowder with plenty of vegetables in it instead of a clam bake." "You lose half the juice, anyway, before you can get the clams from their shells when you roast them in an open bake," Mary remarked, "and chowder makes a much better one-dish meal."

To find milk, butter, eggs, and fish, four of the staples of sane sustenance, getting out of reach was decidedly disconcerting to the Gibbonses; but since John had more than once walked off a fit of the blues, he started in search of a butcher. He found a very good-looking shop, unmistakably a butcher's shop, but, alas, as deserted as a last summer's robin's nest. Door padlocked and butcher gone to parts unknown. The nearest meat supply was miles away from Chesterville.

Here was a new problem. Before John left the bank all his friends told him he would find himself a decidedly "back number," if he attempted to live in the country without an automobile. He did not agree with them until he had been three weeks without so much as a mouthful of fresh meat, and none in sight. Even then he was not fully convinced. It took the pressure of accumulated experiences such as an auto load of unexpected guests on their front porch just at the dinner hour. Not even the proverbial "half-loaf" in the bread box to share with their friends, nor a cubic inch of butter, nor a half-pound of fresh meat in the house. John had planned to walk to town that morning and "coal up," but a rainstorm prevented, and they had decided to "make shift" for the day.

For a family of two to become a family of eight all in a minute was quite enough to make John Gibbons sigh for some one of the rapid annihilators of space, be it airship or "flivver." It would tarnish the Gibbonses' ideal of hospitality to borrow their friends' car and scour the country for edibles for dinner. No! John and Mary would never stand for that. Mary had been always a forecaster and an inventor, and these had, again and again, pulled their stranded ship of state off the reefs. From her emergency shelf came a can of whole tongue, from her deft spoon dropped biscuits in a twinkling, and the creamy rice pudding "for two" was further elongated and elaborated by the addition of some fluffy marshmallows just as it came from the oven; the latter

wholly an experiment, but so successful that the guests clamored for the recipe when the dinner was over. An auto ride of fifty miles is a pretty good appetizer and an antidote for fastidiousness as to diet. These are a splendid boost to a lean larder, and, coupled with graciousness of appreciation on the part of their guests, made the Gibbons dinner a complete success.

When John found out that the grocery deliveries were timed and regulated by the "haying" season, that is, said grocer might come Friday, if the hay was not dry enough to haul in, otherwise, he would not, it set him to thinking that the advice of his city friends about an auto was not far afield. But he was not yet willing to mortgage his soul, so he did not buy one.

Fortunately the Gibbonses had neighbors—neighbors with automobiles and "inclinations." Now the possession of an automobile has the subtle power of transforming folks into very naughty sinners or very winsome saints, depending entirely upon the quality of the "possessor." Selfishness can speed up and outrun the fastest "twin six," or thoughtful unselfishness so control the man at the wheel that he would no more start out without a thought of the "other fellow" than without gasoline. In Chesterville there were both sorts, and, naturally, those with "inclinations" took in the Gibbonses' plight, fetching now a pound of butter, a loaf of bread or a roast of meat, or carrying letters and parcels to the far-away post-office. Such neighbors are both handy and heart-warming. But the Gibbonses were Scotch. When a Scotchman accepts a kindness he says very little, but he usually has a reciprocal kindness "up his sleeve." Just as the Chesterville season was closing, they gave a Scottish evening to their neighbors, which turned out to be the event of the summer. John gave a Burns reading, Mary played old-time Scotch airs, and two young friends from the city sang Scottish ballads to the delight of everybody. Toasted bannocks and jam lent novelty to the refreshments. When it was all over and they were packed up and ready to turn cityward again, it was with a feeling that, although they had been stranded many times, there was always some way out.

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# Serving Foods Attractively

## By Emma Gary Wallace

THERE are a great many housekeepers who believe that if they serve their families with good wholesome foods, it is quite sufficient, without wasting time or labor to put on ruffles and frills, just for the sake of "dressing up" dishes that will not taste a bit better therefor.

At first thought, this might seem to be a logical and common-sense argument, but a little further thought will show that people *do* get tired of foods served endlessly in the same old way; and that appearance does make a great difference with the pleasure of the meal. If it were not so, we would be satisfied to eat and drink from thick, white hotel ware and to use wooden-handled knives and forks, with steel blades and tines.

Yes, the appearance of the table and the viands upon it add wonderfully, not only in point of æsthetic taste, but also in digestive results as well, for we digest and assimilate more readily that which pleases as to looks.

Besides, once we have a few simple materials and utensils with which to work, the effort of decorating our foods and giving them an appetizing look becomes an artistic pleasure rather than a task.

Take, for example, an ordinary pastry bag! If a census were taken of all the fairly well-to-do families in the country

that own a pastry bag, it is a safe guess that not one-half of one per cent would be so provided. And yet, a pastry bag is one of the simplest things in the world to use.

It enables the home cook to use icings, whipped cream, etc., in many ways to delight the eye.

Please do not argue that Rosamond's birthday cake will not taste better, if it is "trimmed up" for the occasion, because Rosamond will not agree with you. You will be more than repaid for the trouble of putting on a foundation icing of plain white. Save out some of the same mixture, tint with pink and make a delicious-looking ribbon of ruffled pink around the edge. Then print Rosamond's name across the top and put on the year of her birth and the present year, and that cake will become a glorified thing in her memory for life.

And then when it comes to planked dishes! What can be more attractive than a large wooden platter of juicy meat, done to a turn and beautifully finished with a border of mashed potato lying like white foam about its edge. And the every day vegetables take on a new charm when served in such aristocratic company.

As one little boy exclaimed to his mother, "Why, mamma, it's just like a pretty flower garden, isn't it?"

Surely, it is worth while, occasionally, to take pains to give a special pleasure, even if it is a little bit more work than to serve a plain steak and a tureen of mashed potatoes in the usual way.

Quite the easiest thing in the world to slip on in the morning, when first arising, is a loose comfortable kimono, and yet few of us would care to go out on the street, or to church, so attired, because of the extra time it required to dress properly for a public appearance.

It is certainly true that it is unwise to complicate our lives unnecessarily, but we must be careful of going to the other extreme and becoming niggardly of loving thought, which will give pleasure to those about us.

There are those who object to casseroles and ramekins. They declare that it is lots easier and just as well to dump the whole ingredients into one dish, rather than to fuss with all those little dishes.

You may have seven in family and you will have the large dish and that many serving dishes to wash in the end; whereas, if you put what you wish to serve into the small individual dishes, in the first place, you will have saved washing the large dish, and, besides, you will have gauged the quantity you required much more accurately. It is a real science to plan so that troublesome left-overs will not perplex and have to be used up some way or other.

And talking about left-overs! This is just where the ramekins and the individual casseroles come in so aptly. You had baked beans the other night, and there was part of a dish left over? Or you bought some of these same baked beans at a delicatessen's and wondered how you could serve them attractively. Here is a chance to use the casseroles. Grease each individual dish, fill with the baked beans, put a little piece of the pork on top and set in the oven to brown. Then presto! You have a most attractive service and one that will appeal to almost every one.

If there is a little cold chicken left over or a few creamed peas, or there is a small can of lobster on the shelf, a cup of white sauce and the ramekins will help out, by making possible the daintiest sort of a creamed dish to be served with hot rolls, or plain bread and butter, or toast for lunch, or a late evening meal.

Some housekeepers declare that they will not buy all sorts of little contrivances for the kitchen, because they just lumber up the pantry shelves and collect dust and are seldom used. There really is not much use buying things that you have no intention of using, and, of course, one must learn the difference between the useful and the useless. Just the same, there is a right and a wrong mental atti-

tude toward a so-called "convenience," and it is a good plan for all of us to be ready to appreciate utensils that make for time-saving and attractive table service.

If you are making a salad and have an egg-slicer that will cut a hard-boiled egg into smooth, even slices without crumbling, one egg will often do the work of two. In addition to this the egg-slicer will save about three minutes of time on every egg cut up, and in the course of a season, this will amount to a great deal.

A convenient, successful cream-whip, which will do the work without using all the cream to cover its inner surface, is a great aid to good things to eat. The efficient cream-whip will soon save its price in the increased yield of the whipped product. A little touch of whipped cream on the top of hot cocoa or chocolate, a fruit shortcake finished with a garnish of whipped cream, a fruit salad, or a dessert with a fluff of white upon it and a touch in the way of a maraschino cherry, a little cross of sweet pimiento, nut meats, or candied orange peel, will lift an everyday dish into the holiday class.

A few mint leaves in a glass of lemonade add attractiveness all out of proportion to the cash value of these items.

Have you ever realized that a little minced parsley, mint leaves, onion, orange peel, or selected vegetables, would add greatly to a dish in the process of preparation? And have you not hesitated sometimes about getting out the cumbersome chopping-bowl and its companion, the chopping-knife? That is one of the times when a small wooden tray or even one side of the kitchen bread-board and rotary mincing-knife, would prove a first aid to good cookery.

Perhaps, at this very minute, there are a couple of dry rusty-skinned oranges in the refrigerator. Put them on the table in a fruit dish and they will go begging, meal after meal. Cut them in two, and serve them that way, and some one may eat them as a sort of penance, or out of consideration for the government, and its ideas of thrift, but — take a small, tall, thin glass, press the juice from these same oranges, remove the seeds, add a spoonful of powdered sugar, and some chipped ice, and the one who gets this delectable offering will consider himself a favored being.

Tarts went out of style — and favor — some years ago, because, so often they were made out of the left-overs of pie crust, kneaded and worked until it was tough and hard. And then quite as often the abused tart crusts were baked in an indifferent manner and filled with anything that was handy. But take some rich, crispy pie-crust and bake it delicately in crimped tart tins and fill with something moist and delicious, and tarts come into their own once more; or, better yet, take a set of patty irons, learn to use them properly, and promptly the creamed peas, or oysters, or chicken, or lobster are invested with new dignity, because they are served in patty cases, which are delicate morsels in themselves.

Young people, particularly, are very observant of those little niceties of everyday living. It is quite natural that, when they entertain their friends in their own homes, they should have a certain pride in the table service. And it is through this pride that the home-making and home-building instincts are developed and each one becomes anxious to do his or her best in the chosen field of work, so that a high standard of living may be enjoyed.

In the old days, it was customary to bake some cakes, — perhaps two or three loaves, — and to put them away for fear company should arrive unexpectedly. One man, who is of national prominence now, recently declared that he never tasted a fresh cake in his life until he grew up, for his mother always baked one at a time and put it down cellar at the head of the cake-line, the oldest and stalest being then removed for family consumption. His mother would have considered it an extraordinary and audacious proceeding to have made a cake

and eaten it the day it was baked. This would have been considered a "very" shiftless sort of management.

Some housekeepers, who are ready to give their families the best in the way of fresh prepared foods, still cling to the constant use of commonplace, everyday dishes and silver, only taking out the best when invited guests come. Even then it is often too much trouble to bother, for lack of familiarity with the use of these articles makes it troublesome to get them out, use them, and restore them to their resting-places.

But some day the young people will be gone from home, and then the house treasures will be Dead Sea Fruit, indeed, if they carry with them no sweet memories of other days.

Make your table attractive and go to a little trouble to do it. You will be glad if you do!

---

# The Youngest Bride and the Household Gospel

By Mrs. Margery Fifield

"OH, my dear, don't! A cup of cold cereal, you know —"

"A cup of cold cereal what?" interrupted the Youngest Bride laughingly, as she stood in her little blue and white kitchen with the cup of cereal in question poised above the uncovered garbage pail. "It sounds like a quotation from the Bible. Finish it!"

"It *is* a quotation from the Bible, the Housekeeper's Bible," said the Wise Lady, who, since she was the Youngest Bride's aunt, felt at liberty to run in and visit with the Bride in other than the conventional calling hours adhered to by others in the neighborhood in which they both lived.

"I'll be all through just as soon as I put this unsightly thing away," said the Bride, giving the pail a vigorous shove; "then come into the living-room and teach me some Housekeeper's gospel. I need it," and, shaking her curly head vigorously, she led the way into the diminutive living-room.

"Well, I don't want you to think that I'm an old fuss-budget," warned the Aunt; "but that rigorous discipline in food economy and conservation, which we all went through with for patriotic principles during the war, will make me watch my waste for all time, I'm afraid, and though now the war is over, it still seems as appallingly wicked to waste any bit of real food and nourishment as it did then. Of course, I know that you and that nice husband of yours aren't going to starve, if your stale bread and left-over cereal goes into the garbage pail, but it is wicked just the same." She shook her head emphatically. "And you really can save, if you watch your ice-box and plan carefully."

"Teach me and watch me save!" the Youngest Bride said solemnly. "Or, at least, until somebody invents a house allowance more elastic. Let's hear about the cold cereal to begin with! It sounds dull enough. But, really, I have tried to use it again by mixing it in with the hot cereal the next morning, but it just won't work!"

"I know it doesn't work very well that way, but let me tell you some of my favorite ways and you will scheme every morning to have some left over just to experiment with. Now, did you ever think of the possibility of muffins?"

"Muffins?" asked the Bride incredulously, "of course not. Muffins are made out of flour."

"Well, so they are," laughed the

Aunt, "and cold cereal too. Now you just take a pencil and paper, or, better yet, get one of those cards out of your card catalogue and take this down and try it at your first opportunity. The muffins are moist and delicious and, better yet, you are saving on some other materials and getting the nourishment out of that small amount of cereal, which, otherwise, might have met a sad fate in the garbage pail."

"O Aunt! truly you are wise! Go on, I'm fascinated!" The Bride sat up expectantly with the pencil in her hand ready to write.

"Take this down then.

| | |
|---|---|
| 1 cup cold cereal | ½ teaspoonful salt |
| 1½ cups flour | 1 egg |
| 4 teaspoonfuls baking powder | 1 cup milk |
| 2 teaspoonfuls sugar | 2 tablespoonfuls melted shortening |

Beat your cold cereal with your milk as smooth as possible; add it to your dry ingredients sifted together, then add your egg and your shortening. You can use anything with this — oatmeal, rice, Pettijohn's, or any of the other cereals that you use. When you make these for breakfast, you might omit your cooked cereal and have poached eggs or bacon or something similar."

"My! that does sound awfully good, and I never would have thought of it in all the world. But, Wise Aunt, now give me a recipe for getting up early enough in the morning to make these economical and delicious breakfast dainties."

" 'If to do were as easy as to know—' " laughed the Aunt. "But I'll tell you a secret, though. It's one of my many concessions to the flesh, which does love to lie abed mornings. I mix my muffins the night before!"

"Mix them the night before!" repeated the Youngest Bride, parrot-like; "but the cook books all say that you must pop your things right into the oven the minute you put them together, or else the gas will escape or something dreadful like that will happen."

"So it will, my dear, if you leave your batter-mixtures sitting around a warm kitchen. But I often mix mine just before I go to bed and pop it, not into the oven, but into the ice-box. There the temperature is cold enough to prevent the chemical action of the liquid and the baking powder. Then in the morning I heat my oven, butter the pans, then remove the mixture from the ice-box and proceed with all possible speed. I know some good scientific cooks who do this, and I have found it successful."

"You're a wizard, Aunt."

"Does your husband object to pancakes?" asked the Wise Lady, with a twinkle in her eye.

"Object! He doesn't even object to the variety I serve him, which are far from the perfect article, I fear."

"Some morning, then, when you do get up early, or some Sunday morning, you might make pancakes and use up some of your cold cereal in that way. I think that you will find this recipe good.

| | |
|---|---|
| 1 cup milk | 1 egg |
| 1 cup cereal | 2 tablespoonfuls melted butter |
| ½ teaspoonful salt | 1 scant cup flour |
| 1 teaspoonful baking powder | |

Rub the cereal into the flour, then add the egg, well beaten, milk, and butter. You may have to use your judgment about consistency, since cereals vary. Anyway, it can be thinned or thickened easily."

"I adore pancakes, but they make such a horrible smoke that I seem to smell it all day long. And Dick says he hates to go 'pancakey' to the office."

"I know. I'll never forget the Easter Sunday that I went to church, and the whole service was spoiled for me because I couldn't smell anything else but that stale pancake smoke. But get an aluminum or a soapstone griddle on which you don't have to use grease, and almost all of the smoke and smell will be eliminated."

"That's the first thing I shall invest in when I go out. There! I've written it down. Now don't tell me that there are other ways in which I can use up that cup of cold mush!"

"Oh, yes, lots of them," laughed the Aunt. "To give what we call 'body' to thin soups, for instance When you are simmering the bones left from your Sunday roast, add some onion and carrot and whatever bits of vegetables and seasonings you may have in the house, and then about ten minutes before you take it off the stove add some of the cold cereal put through the purée strainer. It will thicken your soup beautifully, and add just that much extra nourishment besides. When you are making a soup out of nothing much, that added cereal will make all the difference between a thin watery soup and a well-blended soup with a 'body' to it, as the old-fashioned cooks say."

"Cold cereal to thicken soups," wrote the Bride industriously.

"Then, too," continued the Aunt, "sometimes when I'm making a beef or a veal loaf, I add my left-over cereal along with the cracker crumbs and egg. It stretches the meat over two or three meals, and when it is seasoned nicely and served with a tomato sauce, no one would ever know about that helpful cup of cold cereal which went into it."

"Why, it opens up undreamed-of possibilities, doesn't it?" said the Bride; "but you can't sit there and think up ways to use that cereal *ad infinitum*, can you?"

"Oh, I haven't exhausted the subject yet by any means," laughed the Aunt, "but I think that I've given you enough to go on for the present. But before I run on to the market I must tell you about the very nicest way. Only this isn't particularly for left-over cereal. For this delectable breakfast dish you must cook double your usual amount of cereal some morning. Then pack what is left over into a greased baking-powder or cocoa can to mold. The next morning,—or this makes a fine winter luncheon dish, too,—unmold, cut in slices a little less than an inch thick, dip in egg, and fry. Corn-meal mush prepared this way, served with real maple syrup, if you are lucky enough to have any, with some of those nice little sausages cooked a crispy brown, makes just about the nicest meal I can think of right now."

"Mm! It makes my mouth water to think of it," said the Bride appreciatively.

"Well, I must run along now or I shall talk all morning. Don't try these things all at once," warned the Aunt, "but keep your eye on the ice-box and the garbage pail. It pays!"

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# New Year's Cakes of Long Ago

## By Elizabeth Kimball

DROP Biscuits, as made in 1806, although humble in name, are quite a different matter from those as usually made at the present time. If carefully baked, a "white ice," as the quaintly phrased recipe calls it, is formed over the top of these delicious cakes.

### Drop Biscuit

4 eggs
2 cups confectioner's sugar
1½ cups flour
⅛ teaspoonful salt
1 tablespoonful grated orange peel

Beat the eggs for ten minutes. Add the sugar gradually and continue beating. Add orange peel and flour by degrees, beating all well together without ceasing. Drop the dough on well-buttered sheets and put them rapidly in a quick oven. As the cakes rise set them gently in a cooler part of the oven. When done, they should be of a delicate color. When all are baked, set them in a cool oven for ten minutes to dry. Keep well covered in a tin box.

Croxinox were a fashionable delicacy about 1750, popular perhaps because of their amusing name.

## Croxinox

6 eggs
1 cup brown sugar
1 teaspoonful cinnamon
Flour
½ cup wine or cider
1 tablespoonful grated orange peel
¼ teaspoonful salt

Beat the eggs well, add sugar, spices, wine (cider may be substituted), salt, and sufficient flour to make a stiff dough. Roll thin, cut in squares and diamonds, and fry in deep fat. Sprinkle with granulated sugar.

When the New Year came around our great-great-grandmothers had always to make special cakes for the occasion, no matter how much baking had been done for Christmas. As cookies seemed to belong especially to the Christmas season, the sweets for the New Year usually took the form of "great cakes." An unusually delicious Orange Cake was the favorite in 1700.

## Orange Cake

1¾ cups sugar
½ pound almonds
1 cup rose water
4 eggs
¼ teaspoonful salt
Rind of 3 oranges
3½ cups flour
3 teaspoonfuls baking powder
¾ cup citron and candied orange peel

Put the almonds quickly through a food chopper, add the rosewater, sugar, orange rind, and yolks of eggs beaten until thick. Beat in the flour, sifted with salt and baking powder, and the citron and candied orange peel, which have been cut in thin strips. Finally fold in the whites of eggs beaten to a stiff froth. Bake in a moderate oven.

By 1750 the fashion had changed to the following simple "New Year Cake," which had not even a fancy name.

## New Year Cake

¾ cup butter
1½ cups sugar
1 cup boiling water
4 eggs
1 teaspoonful saleratus
2¾ cups flour
2 tablespoonfuls caraway seeds
¼ teaspoonful salt

Cream the butter and add the sugar gradually. Dissolve the soda in the boiling water and pour over the first mixture. Add the yolks of the eggs, beaten until lemon colored, and sufficient flour to make a stiff batter, about two and three-fourths cup. Stir in the seeds and, finally, add the whites of the eggs, beaten to a stiff froth. Bake in a loaf in a moderate oven. Cover with white frosting and decorate with browned almonds.

The children of 1800 insisted that the New Year should not be celebrated without a batch or two of cookies in their honor. To gratify their desire — as well as a sneaking fondness on the part of their elders — Little Short Cakes and New Year's Cookies were always made.

## Little Short Cakes

3 cups flour
1 cup butter
1 cup sugar
1 egg
2 tablespoonfuls cream
¾ cup currants
1 tablespoonful caraway seeds
¼ teaspoonful salt

Sift the sugar, salt, and flour into a bowl. Rub the butter into this mixture until it crumbles. Beat the egg and add the cream. Stir this into the first mixture until a stiff paste is formed. Divide into two parts, put currants in one half the mixture and caraway seed in the other. Roll out, cut in fancy shapes, and bake.

## New Year Cookies

1 cup butter
1½ cups sugar
1 cup cream
½ cup brandy
½ cup wine
1 tablespoonful caraway seed
Spices
½ teaspoonful soda
½ teaspoonful salt
Flour

Cream the butter; add sugar, cream, wine (cider may be substituted), and spices to taste. Add the soda dissolved in a little hot water, salt, and caraway seeds. Stir in sufficient flour to make a stiff dough. Roll thin, cut in stars and hearts, and bake in a quick oven.

# AMERICAN COOKERY

FORMERLY THE

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OF

Culinary Science and Domestic Economics

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## Our New Year's Prayer

To thee, All-sovereign Power above, we come
With hearts bowed low in reverent gratitude
For past year blessings. May thy love include
All men who honor thee at this glad time.

Grant thou our souls may grow in constancy
For TRUTH and RIGHT whatever be the cost!
Keep our thoughts fair and never fashion-tossed
Throughout the course of each succeeding hour.

Though clouds may hover near — may faith untold
Fulfill the test of sacred duty. May
Our lives portray thy influence each day
As it unfolds a link in lifehood's chain!

— *Caroline L. Sumner.*

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One of the neatest replies on record must be credited to old Christopher North. Professor Aytoun, of "Scottish Cavalier Lays," loved and was loved by North's daughter. He was too nervous to face the father, so the blushing girl herself asked paternal consent to their marriage. "Papa's answer is on the back of my dress," said the scholar's daughter, returning to her trembling, waiting lover, who, turning her round, read on a pinned slip of paper, "With the author's compliments." — *London Chronicle.*

## A NEW YEAR

THIS is the first number of AMERICAN COOKERY to bear the date of 1920. A full year has passed since the close of the World War. It has been a year of strange, vexatious unrest, though, apparently, great prosperity has prevailed in this land. The past five years have been years of great hardship in the publication business. The shortage of paper, the price of labor, the cost of mailing, and transportation all have been unfavorable to the limit. Not a single feature of the business has been propitious. Had it not been for the loyal support of our readers and patrons, we might have found it impossible to continue our work.

Now the signs of better times are before us. Everybody has an employment or an occasion for employment. Masses of people are earning and spending more money than they ever hoped to handle. The world is in need of more commodities than the world is prepared to produce. Certainly peace and prosperity at home and service to the world abroad are incentives to work.

AMERICAN COOKERY is near the end of its twenty-fourth year of publication. As a wholesome, economic factor in home life may we not assume that AMERICAN COOKERY is worthy of high consideration in the households of America? Through all these years its high standard of reliability and excellence has been sustained. Is it not now of far greater worth than it has ever been? We are confident there are thousands of homes in which the usefulness of AMERICAN COOKERY would be highly appreciated. How shall we reach these homes? Would that we might reach many of them through the kindly words of those who have used the magazine and found it not wanting!

To all the readers of AMERICAN COOKERY we extend the greetings of the season; may 1920 be to all a happy and prosperous year!

## LOGIC AT A DISCOUNT

WAGES must meet cost of reasonable, economical living.

2 — Increased production is absolutely essential to lowering of price of necessities.

3 — Decreased production from shortened hours logically and inevitably makes for still higher prices.

4 — Increased wages coupled with shortened hours, if carried beyond limit, mean the closing down of industries, involving loss of ALL wages, and inevitable increase of cost of essentials.

How shall these problems be met and solved?

The laborer might be given an essentially increased wage, raised to a fair and reasonable point in compensation for an increase in hours of work rendered; this increase of wages to diminish in just proportion to the fall in the market price of necessities; this arrangement to be agreed to by both labor and capital, employee and employer. When normal prices shall again prevail, normal wages shall then be resumed.

Heavy exports to Europe have heavily lessened our supplies, and the deficit must be made good by stimulated production. No other cure is possible. This fact especially labor does not, or else will not, see. In not recognizing it, laborers are their own worst enemies, fighting against their own existence and welfare. Let both sides get together, be fair and honest with one another, and "render unto Caesar the things that are Caesar's."

In the foregoing clipping we find more of logic and common sense than in most that is said about the high cost of necessities at the present time. The item will bear reading, rereading and thought. How true it is, "labor and capital, the employee and employer must agree," or there can be no social rest. We do not like class distinctions — to distinguish between labor and capital. We are all engaged in honest, useful labor, and every thrifty, so-called laborer is a prospective capitalist. To the ambitious workman the way is open to independent undertakings or a larger share in co-operative enterprises. But granting that under existing conditions there are employees and employers, it seems obvious the latter should be regarded as first in importance. In all industries the man who gives another employment, takes the initiative, provides the means and exercises intelligent management which are essential to success. He also bears the risks of the enterprise. He is leader where others follow. Above all, he is, as a rule, a loyal citizen, interested in the prosperity and growth of the state and the community.

"In all those disputes in which the public is the helpless but greatest victim, the only sensible course is to get together and settle before resorting to strike, thus saving the public from needless suffering. And in every settlement there should be a spirit of conciliation, willingness to compromise, and recognition of brotherhood in industry."

## SOUND, BUT UNPOPULAR DOCTRINE

HERE is another explanation of our present economic situation and the way out of the same. The item proclaims a sound, if not a popular doctrine.

"One of the most discouraging phases of the present tangle of industrial conditions is the ignoring of the fact that any wage that keeps up with the rising cost of living is an unfair wage. It seems to be generally assumed that to justify any demanded increase in wages it need only be shown that such an increase is necessary to maintain a pre-war standard of comfort.

"The years of the war devoted to destruction have dangerously exhausted the common fund, upon which we all depend. It is not possible for all to enjoy the normal standard of living. Those who succeed in doing so succeed at the expense of the rest of the community. The selfish determination on the part of

many to avoid their share of the common burden imposed upon all by the waste of our resources is the cause of the present economic unrest.

"The unfair and abnormal return that a small part of the community has demanded and received as the price of their work during our time of desperate need has so demoralized the recipients that their standard of production has become seriously lessened, and while our necessity grows, our means for supplying our wants slackens. It is a fact that the abnormal increase in wages and the attempt to better the working conditions has been followed by a refusal on the part of the working men to keep up a normal rate of production. We have only to go on as we are going to commit industrial suicide.

"What a pity, when only a little common sense, a little mutual consideration, a little more work on the part of each one, would at once lead us out of this wilderness of folly." F. W. M.

## PROSPERITY AND GOOD WILL

UNLESS all reports are misleading, the signs of great prosperity are abroad in the land. The trades are flourishing, every industry is pushed to the limit, the volume of business done is unprecedented and still the demand for commercial products cannot be met. Every man who wants to work finds occupation, and at a wage such that to demand more is no less than criminal. What the old world needs is to settle down to steady work, to restore the losses incurred by world-wide war, to repair the damages done, and to build up, build up the waste places.

We protest against the set back that has been given to civilization. Let us take an account of stock, set our house in order and resolve to make good to humanity. We do not like to feel that "this country has come to a pass where, if God doesn't step in and save it, it is going to ruin." Instead of prophesying "woe, woe, woe for them that dwell on the earth," we need the strength and courage to say, "I will lift up mine eyes unto the hills from whence cometh my help. My help cometh from the Lord which made heaven and earth."

An era of great prosperity and advancement is before us. It is up to us to grasp the opportunity and make good for the universal welfare of humanity.

## PRODUCTION

WE are paying high for the necessities of living simply because the demand for them is greater than the supply. We cannot feed ourselves and a starving world and at the same time have a surplus to draw upon. Manifestly the remedy for the troublesome situation lies in increased production in every branch of industry. Prices will drop when the supply of products equals or exceeds the demand. "What," asks the London Spectator, "is the cause of the dangers that surround us? The lack of production, Production, Production and again production. This is the need of the hour."

We have been on a sort of strenuous outing, or prolonged vacation, and now no one seems anxious to go back to work.

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## The Things Worth While

Som'times I get t' thinkin'
An' it kind o' seems to me
Th' things worth while in this ol' world
Jest simmers down t' three.

A lovin' heart's th' first thing,
An' th' sweetest part o' life
Is when you come at end o' day
To kiddies, home, an' wife.

Th' appetite fer hard work
An' fer trudgin' to'rds th' goal —
That's second in my little plan
Fer happiness o' soul.

An' last a smilin' count'nance
Jest to chase away the blues
An' paint on other peoples' souls
Them shinin' rainbow hues.

If you'd make life worth livin'
Try these big things worth while;
They're three (I'll sum 'em up ag'in)
Jest love an' work an' smile.

— *D. T.*



SHEPHERD'S PIE OF STEAK AND OYSTERS

# Seasonable-and-Tested Recipes

## By Janet M. Hill and Mary D. Chambers

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

### Clear Soup

CUT into one-inch dice four pounds of beef from the round or shank, and quickly brown the outside in a very hot pan. Put this into the soup kettle, add four pounds of chicken, fowl, or veal from the shank, cut into small pieces, bones and all. Pour over the meats six quarts of cold water, place over a slow fire, let it come very slowly to a boil, then allow to simmer for three hours. Add to kettle one cup, each, of diced carrot, turnip, and celery, and one-half cup of chopped onion. A ham bone, or a slice or two of ham, adds to the flavor. Tie in a bit of cheesecloth eight cloves, eight peppercorns, and a tablespoonful of mixed dried herbs, add to kettle, and let the whole simmer for three hours longer. Strain off the soup, let stand until jellied; remove every particle of fat, and beat into the jelly the slightly beaten whites of two or three eggs. Stir slowly over fire until eggs begin to coagulate; let soup come to a boil, strain through cheesecloth; add salt to taste, heat again to boiling, and the soup will be ready to serve. It should be perfectly clear, and of an amber color.

If the soup is put away in a cool place before the fat is removed, it will keep for several days, and may be cleared and used part at a time.

### Emergency Soup

- ½ cup half-inch cubes carrot
- ½ cup slices celery
- 1 onion (medium) cut in shreds
- ¼ cup chicken or bacon fat
- 1 cup half-inch cubes potato
- 4 cups water or broth
- 2 tablespoonfuls meat extract with water
- Salt and pepper as needed

Cook the carrot, celery, and onion in the fat, covered, stirring occasionally over a very moderate heat about fifteen minutes. Cook the potatoes in boiling water five minutes, drain, rinse in cold water, and drain again. Add the potato to the other vegetables with the water or broth, and let cook nearly one hour; add the meat extract, if used, with salt and pepper to season. There should be four cups of soup.

## Shepherd's Pie of Beefsteak and Oysters

Cut into small pieces either fresh-cooked steak or cold broiled steak. Add an equal amount of oysters — a pint of oysters and a pound of steak is ample for six or eight persons. Put into a baking dish, and sprinkle with one teaspoonful and one-half of salt, and one-fourth a teaspoonful of pepper. Melt two tablespoonfuls of butter in a saucepan; add two tablespoonfuls of flour, stir smooth, pour in two cups of water, or a mixture of water with gravy, soup stock, broth, etc., and cook until thickened. Pour this over the meat and oysters, and cover all with a layer of mashed potatoes one to two inches deep. The pie may be cooked at once in the oven until hot through and the crust well browned, or it may be put aside for two or three hours until it is needed.

## Sausage-and-Veal Rolls

Mix together one-half pound of sausage meat, one-half pound of minced raw veal, and one-half cup of bread crumbs. Add one-half tablespoonful, each, of chopped celery and chopped pickles. Season with one teaspoonful, each, of celery salt, lemon juice, and scraped onion. A mere trace of red pepper will be an improvement. Bind the mixture with beaten egg, form into small rolls, and cook until brown in butter.

## Smothered Ham

Cut from the middle of a smoked ham a slice two inches thick, and let simmer for two hours, just covered with water. Remove to baking dish, place a few cloves on top, spread with butter, and cover with a one-inch layer of bread soaked in milk, and seasoned with a little salt, pepper, and onion juice. Bake in moderate oven until bread is brown on top.

## Spanish Eggs

Cook one teaspoonful of fine-scraped onion in one tablespoonful of butter. Add one cup of sifted tomato pulp. When tomatoes are simmering, break in three eggs, directly from shell, and lift with a fork while cooking, so that the red, white, and yellow show in the dish. Flavor with three tablespoonfuls of catsup, two tablespoonfuls of chopped cooked ham, and sprinkle before serving with fine-chopped parsley.



SAUSAGE-AND-VEAL ROLLS

## Chicken Supreme en Surprise

Scrape the pulp from the fibers in the breast of a chicken; add to one-half pound of veal pulp and pound with a pestle in a wooden bowl; add one teaspoonful of salt, one-half teaspoonful of paprika, one-fourth cup of soft bread

crumbs taken from the inside of the loaf; and again pound until smooth, then add two eggs, one at a time, pounding smooth between each addition; press through a sieve and beat in three-fourths a cup of cream. Neatly line the bottom and ends of a quart mold with paraffin paper; butter very thoroughly the paper and inner surface of the mold. Press decorations cut from truffles into the butter, and add drops of melted butter to hold these in place. Set the mold in a cool place to stiffen the butter.

Make a sauce of one-fourth cup of butter, one-half cup of flour, one-half cup of cream, one-half cup of chicken stock, with salt and pepper. Into this stir one pair of sweetbreads, cooked and cut into cubes, two level tablespoonfuls of cooked ham cut into cubes, four mushroom caps, creamed and sautéd in butter, and the truffle trimmings chopped fine (left from the two or three truffles used for decorations). Set this salpicon aside to become cold.

Line the bottom and sides of the decorated mold with the chicken forcemeat; then put some of the sweetbread preparation into the center of the mold. As the forcemeat preparation will be the firmer when cooked, and the timbale, when unmolded, will rest on the mixture last put into the mold, the forcemeat should cover the entire sweetbread mixture, at least to the depth of half an inch.



CHICKEN SUPREME EN SURPRISE

To insure this, fill in at the sides of the mold with the forcemeat. After the sweetbread mixture is put into the center of the mold, the forcemeat mixture can be put in place at the sides of the mold with ease.

Fill the mold compactly and make the mixture level on top, that it may stand evenly when unmolded. Set the mold on many folds of paper or cloth in a dish deep enough to allow the water to surround it to two-thirds its height; pour in water at the boiling-point, let stand over the fire until the water boils again, then cover the mold with buttered paper and let cook in the oven or on the top of the range, without allowing the water to boil, until, when pressed upon with the finger, the mixture at the center feels firm.

Serve with Cream or Bechamel Sauce. This recipe will serve ten.



TURBANS OF HALIBUT, FRENCH-FRIED POTATOES

## Turbans of Halibut

Have two slices of halibut cut half an inch thick; remove the skin and bone, thus securing eight filets. Dip in melted butter; squeeze over them the juice of half a lemon, a little onion juice, and sprinkle with salt and pepper. Commencing with the widest end, roll each filet into a "turban" and fasten by running through each a buttered wooden toothpick. Bake about twenty minutes, basting with butter melted in hot water.

## Mississippi Steamboat Potatoes

Cook one tablespoonful of minced onion in one tablespoonful of butter until brown. Add one pint of cold potato cubes. When potatoes have absorbed the butter, add one tablespoonful of tarragon vinegar. Cover, and steam for one minute. Pour over potatoes one well-beaten egg, until cubes are coated. Turn into dish, sprinkle with one tablespoonful of very fine-chopped parsley. This dish can be eaten either cold or warm.

## New England Boiled Dinner

Select a piece of "fancy brisket" weighing from three to four pounds. Rinse the meat in cold water and put over the fire, covered with cold water; let heat slowly to the boiling-point, remove the scum and let simmer gently until tender. Five to eight hours will be required. Cook until tender six small carrots, two parsnips, cut lengthwise, several small beets, one head of cabbage, quartered, and six potatoes.

Arrange the vegetables around the meat on a large platter and serve while hot.

## Mushrooms and Tomatoes

Cook one cup of canned tomatoes and one-half cup of mushrooms, either fresh or canned, until thoroughly heated. Add one tablespoonful of butter, and one or two tablespoonfuls of fine-sifted crumbs, with one-half teaspoonful of salt and a dash of pepper. Just before serving stir in two tablespoonfuls of thick cream, or two of chicken stock.

Use as sauce for veal or any delicate meat.



NEW ENGLAND BOILED DINNER

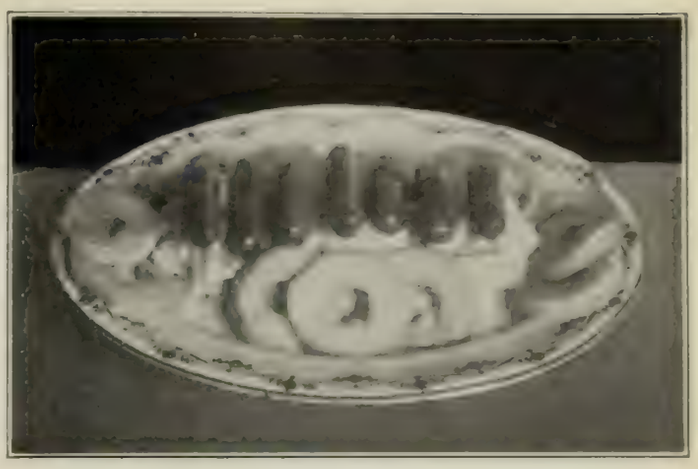
## Olive Rarebit

Melt one teaspoonful of butter in a pan; add one cup of grated or thin-sliced cheese; when partly melted, add one-fourth a cup of milk, water, or cider, and cook, with constant stirring, until mixture is smooth. Add one well-beaten egg, one-half teaspoonful of mustard, one-fourth teaspoonful of salt, and a pinch of paprika. Just before serving, stir into the rarebit the meat of six large olives, chopped.

Brine from the olive bottle may be substituted for part of the milk or other liquid.

## Sausage with Apple Rings

Cover the sausage, pricked in every part with a fork, with boiling water, let simmer fifteen minutes, then drain and brown in the oven. Make a syrup of a cup, each, of sugar and water, and in this cook very carefully four or five tart apples, cored, pared, and sliced in rings.



SAUSAGE WITH APPLE RINGS

## Finger Rolls

To one cup of scalded milk add one-fourth a cup of shortening, half a teaspoonful of salt, and a level tablespoonful of sugar; stir till the shortening is melted and the liquid is lukewarm, then stir in a cake of compressed yeast, mixed with one-fourth a cup of lukewarm water, and as much bread flour as can be conveniently mixed in with a spoon. The dough should not be mixed stiff enough to knead. Mix, cut, and turn the dough over and over with a spoon or knife; cover and set aside to become light. When the dough has doubled in bulk, with buttered fingers pull off bits of the dough and work into smooth balls. Set the balls on a floured board, cover, and let stand until very light; roll the balls, one by one, under the fingers to lengthen them to fit finger-pans. When again very light, bake about twenty minutes. Brush over with the white of an egg, slightly beaten, and return to the oven a moment to set the glaze.

## Yankee Potato Salad

Boil two quarts of small potatoes; cook two eggs until hard. While hot, combine eggs and potatoes, stir in two tablespoonfuls of butter, one-half cup of vinegar, and one raw onion, chopped fine; season with salt and pepper. Set aside to become cold. When ready to serve, add a cup of heavy cream and sprinkle with parsley.

## Stuffed Apples

Take eighteen Siberian crabapples, and core at the blossom end, to form a cup. Cook the apples in a syrup made of one cup of sugar and one cup of water, until tender. This, with the lid on the saucepan, should not take more than fifteen



YANKEE POTATO SALAD

minutes. Remove apples carefully to a shallow glass serving dish, and fill the cavities with cherried cranberries, made by cooking one-half cup of cranberries in a syrup of one-half cup of sugar and one-fourth cup of water.

Pour remaining syrup over apples; whip one cup of cream and pile it around them, and garnish with seeded Tokay grapes.

Any small, tart red apples may be substituted for the Siberian crabapples.

## Date-and-Banana Salad

Peel and scrape lightly four bananas, cut them into thin slices and squeeze over them the juice of half a lemon. Take half a pound of firm dates; put them into a basin and pour over them enough boiling water to cover, then remove the stones and cut each date into two pieces. Mix three tablespoonfuls of olive oil with one tablespoonful of strained lemon juice and a good pinch of salt and paprika pepper. Mix this thoroughly and pour it over the fruit in a salad bowl, garnish with fresh washed-and-drained, crisp lettuce leaves. Decorate with the heart of a lettuce and slices of banana and serve.



DATE-AND-BANANA SALAD

## Cold Apple Timbale

Required: About half a dozen cooking apples, a few brown bread-crumbs or Grapenuts, two rounding tablespoonfuls of sugar, lemon rind or cinnamon for flavoring, one tablespoonful of butter or fat, one-fourth cup of fruit syrup, some fresh bread or cake crumbs.

Peel, core, and slice the apples. Grease a plain charlotte mold and coat the inside with brown crumbs or Grapenuts. Range the apple slices in layers, so that each slice overlaps the other. Sprinkle with sugar and a little ground cinnamon or lemon rind. Put a little oiled butter and a layer of bread crumbs on each layer of apples. When the mold is filled, cover with bread crumbs. Cover the mold with a greased paper, and bake in a moderate oven for about forty-five minutes. Unmold when cold; serve with some fruit syrup or cold jam sauce.

## Mock Mayonaise

Beat three eggs very stiff; add the juice of one lemon, and beat in until the eggs have thinned again — the lemon juice will slightly thicken them. Season with one-quarter teaspoonful of salt, one-eighth teaspoonful of pepper, and a trace of paprika. Cook in double boiler until creamy, stirring constantly. Remove from fire, add two tablespoonfuls of butter, and let cool.

## Stuffed Peach Salad

Use the halves of canned peaches; the cavities filled with seeded grapes, nuts, or any preferred mixture of fruits or vegetables.

## Cinnamon Toast

Scald and cool one cup of milk. Add one cake of compressed yeast softened in one-fourth a cup of scalded-and-cooled milk, one-fourth a cup of softened butter, one teaspoonful of salt, one-fourth cup of sugar, two eggs, flour to knead. Set aside in a warm place to become light. Shape in a loaf, place in a pan (this makes one loaf). Set aside to become light. When doubled in bulk, bake one hour in a moderate oven. When cold, slice, toast, spread with butter, sprinkle with a mixture of sugar and cinnamon (proportion, one-fourth cup of sugar, one-half teaspoonful of cinnamon). Serve at once.

## Canapes

Toast slowly rounds of bread cut from slices with a biscuit cutter. Spread with sardine paste. Make a border of hard-cooked white of egg, chopped very fine and seasoned with salt and paprika. In the center of each canapé place a ring of olive stuffed with a paste made by mixing butter, cream cheese, and chopped pimolas.

Cut slices of bread in strips four inches long and one and one-half inches wide. Toast carefully. Spread with creamed butter. Make a border of chopped yolk of egg, seasoned and mixed with chopped parsley. Place on toast a slice of smoked salmon, with one sliced gherkin on top, and a little anchovy paste between.



CANAPÉS

## Chocolate Cake

(Exchange Style)

In the top of a double boiler, melt two squares of chocolate. Add one cup of sugar, one cup of milk, and one tablespoonful of butter. When the sugar is dissolved, add the yolk of one egg beaten light, and stir constantly until the egg is set. Remove from the fire to cool.

Sift together one cup and one-half of flour, one-fourth a teaspoonful of salt, one teaspoonful of soda, and two teaspoonfuls of baking powder. Add this to the cooled custard mixture and beat with a Dover egg-beater until smooth; bake in a moderate oven. When cooled, cover the top of the cake with icing and sprinkle with chopped pistachio nuts.



CINNAMON TOAST



CHOCOLATE CAKE

## Icing for Chocolate Cake

Dissolve one cup of sugar in one-half cup of boiling water. Cook to 240°, or until the syrup threads.

Pour the syrup very slowly onto the white of one egg, beaten dry, and continue beating, adding one-half teaspoonful of vanilla.

## Chicken-and-Almond Sandwiches

Chop fine half a cup of cold roast chicken and a tablespoonful or more of blanched almonds, then pound in a mortar. Mix with a little chicken, Hollandaise, or mayonnaise sauce. Add a little celery salt and paprika, and use as a sandwich filling.

## Cheese-and-English Walnut Sandwiches

Beat half a cup of butter to a cream. Add a few grains of cayenne and salt, and, very gradually, one-fourth a pound of common American factory cheese, grated or pressed through a ricer. Then mix in one-fourth a pound of English walnut meats, sliced very thin. Spread this mixture upon bread prepared for sandwiches. This preparation is good with any kind of bread.

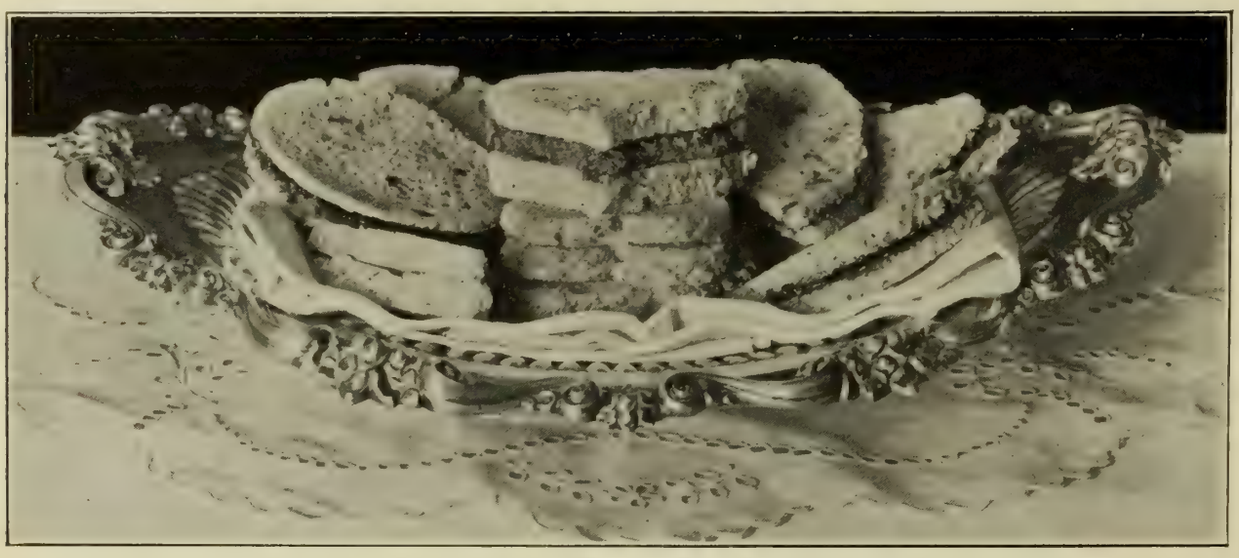
## Pimiento Sandwiches

(Five O'clock Tea or Card Party)

Slit canned pimientos down one side, and cut from them fancy shapes. Cut thin slices of bread in the same shape. Spread two pieces of bread with butter, and place the pimiento between. Chop the pimiento trimmings, and use as filling for other sandwiches.

## Mint Sandwiches

Cut white bread into slices one-fourth an inch thick. Cut the slices into such shapes as is desired, removing the crusts meanwhile. Spread the prepared bread very lightly with choice butter. Then press the candied mint leaves on to one half of the slices, and cover them with the other half. Or beat one-fourth a cup of butter to a cream. Beat in one or two tablespoonfuls of powdered sugar, a tablespoonful of lemon juice, and fresh mint leaves washed, dried, and chopped fine, to give the color and flavor desired. Use this as filling for bread prepared as above.



SANDWICHES

# Simple Well-Balanced Menus for WEEK IN JANUARY

## SUNDAY

**Breakfast**

Shredded Wheat with
Apple Sauce and Top Milk
Sausage Meat Balls, Graham Toast
Mississippi Steamboat Potatoes
Coffee Cocoa

**Dinner**

Shepherd's Pie of Steak and Oysters
Steamed Squash
Stuffed Peach Salad, Mock Mayonnaise
Cup Custard, Caramel Cake
Coffee

**Supper**

Olive Rarebit on Toast
Sliced Oranges and Bananas
Sally Lunn Tea

## MONDAY

**Breakfast**

Quaker Oats with Chopped Dates
Creamed Codfish
Wheat Muffins
Coffee Cocoa

**Luncheon**

Spanish Eggs
Whole Wheat Bread
Hearts of Lettuce
Preserved Pears Plain Cookies
Tea

**Dinner**

Roast Leg of Veal
Mushrooms and Tomatoes
Mashed Potatoes
Stuffed Apples
Nut Cake Coffee

## TUESDAY

**Breakfast**

Wheatena, Top Milk
Orange Marmalade
Raised Waffles
Stewed Tripe
Coffee Cocoa

**Luncheon**

Creamed Potatoes with Cheese
Currant Buns
Canned Strawberries Plain Cake
Tea

**Dinner**

Mutton Cutlets, Currant Jelly Sauce
Steamed Rice
Mashed Turnips
Celery
Raisin Pie Coffee

## WEDNESDAY

**Breakfast**

Sliced Oranges
Puffed Wheat with Hot Milk
Creamed Chopped Eggs on Toast
Coffee Cocoa

**Luncheon**

Bean Soup
Lettuce and Cream Cheese Salad
Crisped Rolls
Queen of Puddings Tea

**Dinner**

Stuffed Pork Tenderloin
Potato Puff
Baked Onions
Apple Tapioca Pudding
Coffee

## THURSDAY

**Breakfast**

Winter Pears
Gluten Grits, Top Milk
Broiled Fish Steaks, French Fried Potatoes
Popovers
Coffee Cocoa

**Luncheon**

Meat Hash
Banana Fritters
Lettuce Salad
Raisin Bread, Ginger Cookies, Tea

**Dinner**

Smothered Ham
Spinach, Steamed White Potatoes
Jellied Oranges, Sugar Cookies
Coffee

## FRIDAY

**Breakfast**

Cream of Wheat, Top Milk
Baked Pigs' Feet
Fruit Pancakes
Coffee Cocoa

**Luncheon**

Cream of Tomato Soup
Oyster Pie
Raised Biscuit
Celery-and-Apple Salad
Devil's Food Cake Tea

**Dinner**

Baked Mackerel, Tartar Sauce
Mashed Potatoes
Creamed Carrots
Lemon Pie Coffee

## SATURDAY

**Breakfast**

Baked Apple with Cream
Fried Corn-meal Mush, Syrup
Scrambled Eggs with Tomatoes
Muffins Coffee Cocoa

**Luncheon**

Milk Toast
Apple, Nut, and Celery Salad
Brown-Bread-and-Lettuce Sandwiches
Preserves Tea

**Dinner**

Sausage-and-Veal Rolls
Tomato Sauce
Baked Sweet Potatoes
Apple Pie
Coffee

# Menus For Special Occasions

## A Page of Breakfasts

**Light Breakfast I**

Orange Juice
Thin Sliced Buttered Toast
Coffee

**Light Breakfast II**

Grapes
Vienna Rolls
Coffee

**Breakfast for Business Man or Woman**

Grapefruit
Shredded Wheat with Hot Milk
Broiled Chop, Creamed Potatoes
Muffins, Marmalade
Coffee

**Breakfast for Outdoor Worker**

Corn-meal Mush with Steamed Figs, Top Milk
Codfish Balls, Tomato Sauce
Whole Wheat Pancakes, Syrup
Coffee

**Company (Twelve O'Clock) Breakfast for January**

Orange-and-Strawberry Cocktail
Planked Rabbit, Sweet Potato Croquettes
Broiled Ham
Chopped Celery on Bed of Lettuce
Bread Sticks
Cream Muffins, Rolls
Raspberry or Loganberry Parfait
Toasted Crackers, Cream Cheese
Coffee

**Breakfast for Sedentary Worker**

Winter Pears
Wheatena with Cream
Broiled Whitefish, Baked Potato
Graham Toast
Coffee

**Family Breakfast for Cold Weather**

Baked Apples with Cream
Fried Mush, Honey
Pork Tenderloin, Glazed Sweet Potatoes
Waffles with Fresh Butter
Coffee



# To Raise a Family in Whose Arteries the Blood Leaps

By Kurt Heppe

IT is a matter of comment among soldiers, that the old men of Europe kept things going while the young men were at war.

Women and graybeards kept the state alive, and took care of the nation's affairs.

It was no rarity to see men seventy years of age in the morning look after the stock, and then go into the fields for real hard work.

What makes these people so hardy?

They live differently than we do. They do not live on so high a plane.

In the provinces the simple life still holds sway. The whole family lives in a little one- or two-room cottage, where pigs and fowl have free access.

While these conditions are not sanitary, yet the almost constant stay in the open, combined with a dietary almost entirely vegetarian, gives them a reserve of robust health.

While we do not recommend sleeping with cats and dogs, still, should there not be something for us to learn here? Is it not a fact that our men, once they have passed forty-five, are no longer able to compete with the fellows of twenty?

It must be the simple life which provides these people with the panacea for a healthy old age.

They do not know anything about dietetics. But neither do they know anything of high living. Their fare is of the simplest.

Can it be the fact that they eat meat but once a week that keeps them in such excellent condition?

Arnold Lorand, Europe's greatest dietitian, once stated that vitamines, minute bodies, of which only a few grains are found in a pound of food, are the agents which keep the human machine in perfect condition.

These vitamines are not found in starch, they are imbedded in the outer layers of grain.

Can it be that on account of eating denatured grains (white flour bread) our children are suffering from eczema and eruptions?

For, after all, the human being is the sum total of what he eats.

And in the world's beginning man developed on the foods he found in the fields. These foods were not denatured. The grains were whole, and when he had discovered the art of bread-making, he made whole grain breads.

Furthermore, meat, in the form of game (inasmuch as domestic animals were not then in existence), was hard to get. It required violent exercise, in the form of pursuit, to obtain it. As one of the predominant human characteristics is strenuous opposition to violent exercise, it may be assumed that the early human preferred to content himself with vegetables rather than spend days in catching game.

At that time his vegetable food was of the wild-growing variety. It had not yet been brought to the point of per-

fection, to which agriculture has now developed it. Wild-growing foods are bitter and full of fiber; they act in the stomach vigorously, like a brush. The bitter principles activate a copious flow of bile (gall). The hardness of the substance and the fibrosity required strong chewing. This insalivated the foods and predigested them. The vigorous exercise of the organs brought about a being which in strength and muscular development was not much inferior to the great apes.

It was not then necessary to take spring tonics and face massages. The bitter principles of the modern tonics were contained in all foods, and, as men did not know the gentle art of smoking, they were in the habit of chewing sweet barks and dry roots.

Modern dietetics, although much abused by faddists, offer to the housewife a means of raising a strong, healthy family. To do this, one has but to keep in mind the conditions surrounding primitive man. Our organs, today, still are in the condition in which they were when man was primitive. Our spiritual development of the last few thousand years has been far ahead of our bodily organs. These latter still act as they did a million years ago; and they still require the same stimulants. They have lost some of their hardihood, but this is only a further detriment.

Some curious and interesting experiments were carried on in New York not long ago. In 34th Street, where Mr. F. W. Fischer is operating a scientific restaurant, a number of patients were instructed to eat for a few months.

These patients were afflicted with eczema, carbuncles, gout, and rheumatism. They were not subject to any régime, but were cautioned not to eat meat, fish, or eggs more than once a day.

For the rest they were allowed to choose freely from the menu.

Now, this restaurant prepares foods from the anthropoid standpoint; that means, all foods are anxiously protected from loss of any kind during the process of cooking.

Furthermore, there are offered, for the patron's choice, raw foods, of diverse kinds.

Breads, cakes, and pastries are made from whole meal. And fruits and nuts play a dominant part. It is, however, not a vegetarian restaurant. And it does not impose any faddist restrictions.

Of meats, it serves but two and a half ounces per portion (two thin slices); of fish, seven ounces. It encourages people to eat but one egg at a time (by making an attractive price on single eggs).

Without the proprietor being aware, the patients ate freely of all dishes, and after two months it was found that of eczema and carbuncles there was not a trace left. The nervous reactions were greatly improved and rheumatism and gout had almost disappeared.

The patients claimed they felt as though they were walking on clouds (a sure indication of the return of normal functions).

The preservation of mineral salts, by cooking vegetables and fruits in steam, instead of in water, has a great deal to do with this phenomenon. Modern man has refined his cooking processes, until they are no longer in harmony with the demands of the body. Rich sauces, spices, and pastries are direct agents of decreased efficiency.

Vegetables cooked in steam, and prepared with only butter, a little salt and pepper, will soon build up a run-down constitution. Add to these items whole-grain breads and cakes, which provide the necessary roughage and bulk, and the inner organs will work without pills and medicines.

Health, in a modern big city, is a thing not easily retained. Life is complex, and pleasures beckon to unnatural living.

Yet, if food is prepared with an understanding of man's early development, then the leaping pulse, the vim and

vigor, and the manly energy will soon reassert themselves.

An excessive meat diet, while producing in life's first half extraordinary energy and restless activity, leaves the body a used-up, empty shell after forty-five.

It acts like a furnace with forced draught.

Simple fare and correctly prepared foods will imbue the person with the chaste health of the country lassie. It will keep the human body the replica of the divine form. It will not develop excessive fat or obnoxious pugnacity. But, rather, will it leave the mind free for the contemplation of life's highest ideals.

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# Solving a Problem in Household Economics

By Robert W. Moulton

WHILE the present scarcity of domestic help throughout the country, which appears unlikely to be relieved for a number of years to come, has sadly disarranged the schedule of work in thousands of homes, at Evanston, Illinois, they have solved this perplexing problem by establishing a Community Kitchen. In the comparatively short time it has been operating it has proved a tremendous success, so much so that it seems destined to become a permanent fixture, no matter what the future may hold in the way of cooks and maids.

The Evanston Community Kitchen came into existence as the result of efforts on the part of members of the Evanston Woman's Club to furnish meals to families in which all adult members were ill during the epidemic of influenza a year ago, and for which no domestic help was available. This emergency kitchen operated for several weeks, furnishing on an average of two hundred meals daily, catering not only to the ill and convalescent, but to the robust members of the household as well.

The success of this venture led to plans for continuation of the work on an even larger scale, when it became known last summer that many families, unable to obtain help, were taking their main meal of the day in hotels and public dining-rooms, instead of at their own fireside, much as they preferred the privacy of their own homes under other conditions. Today the Kitchen has all the customers it can take care of, with the probability that one or more branches will be opened during the winter months.

What has been accomplished in Evanston can be done elsewhere. Just as the city laundry has supplanted the home washtub to no small degree, and the village bakery has taken the place of the home oven, so the community kitchen can now furnish the main meal of the day to thousands of homes.

Under the new plan it is possible to order dinners for the entire family, early in the day, and have them delivered steaming hot at the desired meal-time. The delivery wagons leave the Evanston Community Kitchen about 5.30 P.M. each evening to call upon its various customers. When the food has been cooked, it is placed in especially built containers. These containers are made of aluminum and copper alloy, with heavy glass lining, and are of high thermal efficiency. Four different dishes, each with a separate cover, are placed one on top of the other. Then all four dishes, with their hot meals, when ready, go inside of the large insulated container. Separate containers are used for ice-cream and foods that are to be kept cold.

Each family receiving these daily dinners owns its own containers, and these are picked up each morning and returned to the Community Kitchen.

A typical meal from the Community

Kitchen consists of chicken pie, mashed potatoes, string beans, fresh fruit cup, and cake. In the winter a soup is added. It is taken for granted that coffee, bread, butter, and milk can be furnished easily in each home, and these items are, therefore, not a part of the regular meal from the Kitchen. Dinners are served at 85 cents per person and Sunday dinners at $1.00. The menu is changed from night to night, but no family knows what it will receive until the container is opened and the meal served. In this respect it differs but little from a meal prepared in the home where the wife is usually the only one who knows what is to be served anyway.

In addition to the serving of hot dinners, aggregating nearly 600 a week, the Community Kitchen has many customers who come regularly for special dishes or baking such as chicken pies, beef pies, veal loaf, creamed sweetbreads, cold ham, cold tongue, spaghetti, baked beans, gingerbread, blueberry muffins, cheese potatoes, rice pudding, pies, apple cake, and cake. Only experts in cooking are engaged, one specializing in salads, another in pastries, and so on. Eight cooks are employed in all.

The organization of a Community Kitchen may be a very simple or a very elaborate affair. Some guarantee will be needed in any case. In Evanston, a capital of $1,000 was thought sufficient to launch the experimental kitchen. That sum remains intact. The Kitchen has paid for itself from the first and has accumulated a fund for new equipment. Local conditions will largely govern costs of food materials, and prices will need constant readjustment during these "piping times of peace." The Evanston prices, at the outset, were computed under the advice of keen and successful business men, counting cost of material, labor, rent, ice, fuel, light, deterioration overhead of all kinds, with a percentage added to this sum total as a margin of safety.

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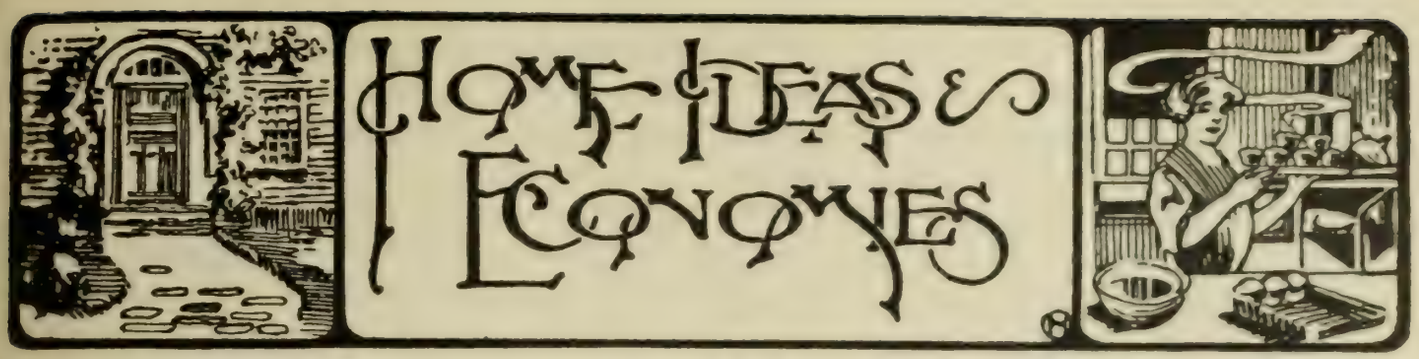
## The Renegade

"Guess you wish that you could be
Right out in the street like me.
I can stay out in the wet,
And you never did that yet;
I just don't care what I do,
I can get run'd over, too!
You can't, 'cause you got a Maw:
I ain't got no Maw or Paw."

"Don't you wish that you were me?
I can cuss, too — Hully gee!
Guess you have to say your prayers?
I don't, 'cause I sleep down stairs;
One time I 'most wished I could,
But I don't know them very good;
'Cause one night I saw a ghost —
I nearly did — just — almost —
You would hollo for your Maw:
I ain't got no Maw or Paw."

"Bet you're mad when you get scold?
I don't do a thing I'm told;
Can you climb trees and never fall?
I can, and never fall a-tall.
One time I stayed out 'bout all night,
One time I 'most had a fight.
Bet you wish you had no Maw:
I ain't got no Maw or Paw."

— *Donald F.-R. MacGregor.*




**Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.**

## The Cluttered House

"DO you know," remarked Mathilda Ann, as she languidly came up the steps and flung herself, with absolute abandon, on the porch couch, "that I am invariably exhausted after a visit with Mrs. Zinn. Can any one explain it?"

I looked up from my embroidery, and slowly shook my head. I had not the faintest idea how to solve that problem, if it really were a problem, and I wondered how such a foolish notion had taken possession of our usually sensible Mathilda Ann.

"I can," calmly replied Aunt Jane, who was gently rocking, while briskly knitting on a bright red sweater for little Jimmie.

"Tell us in a hurry, Aunt Jane, for I'm desperate to have this mystery explained." Mathilda Ann was all impatience.

"It's because her house is cluttered from one end to the other. There isn't a square foot of peaceful quiet to rest the eyes on from the dozens of sea shells, souvenir trays, queer ornamental vases, cheap pictures, and a mixture of bric-a-brac. The bedrooms have a lot of draperies and fixings that are so unnecessary one has to carefully dodge about to keep from disturbing or knocking things over."

"There now you have said it," exclaimed Mathilda Ann, "when I didn't think you had it in you. I wonder, are you right?"

"Of course I'm right. I've been watching such things for a good many years. There was a day when fussed-up things about a house was the style, but since we've taken to living so hard and fast we must simplify somewhere, and that somewhere seems to be the old-fashioned conglomeration of junk that wearies the eyes to look at it, and wearies the body to keep it clean."

"That's the whole case in a nutshell, I am sure." Mathilda Ann sighed a tired little sigh and snuggled more closely on the couch.

"Take Mrs. Marston for example," Aunt Jane continued. "You go there for the afternoon, you find everything neat, but no room contains more than its requisite amount of furnishings for comfort and simplified beauty. There are always bouquets of fresh flowers about, a few books and magazines on the table, but the rooms are not cluttered with useless junk. When you come home from there you are rested and contented, rather than weary and disgusted with visiting."

"All you say may be true," I hastily interposed, "but what should a person do who has all these things that Mrs. Zinn has?"

"Store them away," was the calm reply. "Keep out a few pieces at a time — enough for the needs of the family and for the touch of adornment. Vary these articles for the sake of change, but save yourself the nerve-wrecking work of keeping them all on exhibition all the time — also save the nerves of the family and your friends from a cluttered house."

"You certainly are a dear old surprise,

Aunt Jane," Mathilda Ann smiled sweetly, "and when I furnish my nest I shall keep my nuisance treasures hoarded away in the attic trunk, and only on spring and fall cleaning days shall I bring them to the light — one by one — and soulfully think of the giver or the circumstance that brought each one to me."

"That is what I consider sensible talk, Mathilda Ann, and you will appreciate the importance of simple furnishings more a few years from now when you have become well initiated into the labors of housekeeping. It is well to have changes and extras for emergencies, but for the benefit of all thrown in contact with you and your house, it is best to minimize the display of ornamental decorations." M. L. C.

* * *

## A Penny Saved is a Penny Earned

IN baking, excellent results may be obtained from buttermilk, which some milkmen sell for considerably less than fresh milk. Treat it as sour milk, or if only faintly acid, use half the usual quantity of soda and a little more than the same quantity of baking powder.

While the price of good butter is menacingly high, use it twice a day for the benefit of the vitamines, and for the third meal use a good "spread" of some kind, — peanut butter, jam, fruit marmalade, tinted oleomargarine, served frankly for what it is. When tinting it, add more salt.

In preparing meals, estimate amounts with good judgment. Some are so lavish as to cause much waste. Others are so frugal as to stint their families. Of the two faults, the former is to be preferred, for left-overs may be used if one will, and insufficiently fed people pay the bill sooner or later in lowered efficiency or nervous depletion.

Take proper care of all left-overs and plan to use them to good purpose promptly. Do not serve too many kinds of foods at one meal. Have a reasonable variety and enough of it.

Much good food is spoiled because of ill cooking and worse flavoring. Fried foods are over-cooked and rendered indigestible and chippy; stews and fricassées are cooked until an unappetizing mush; rolls to be warmed are burned or dried; roasts are put into cool ovens and the juices drawn out and the meat left dry and tasteless.

It is poor economy to spoil a dish of vegetables which has cost time and money, for want of a little butter, milk, or whatever may be needed to serve it properly.

Dishes like potato, fish, and cabbage salads should be seasoned in advance, so that the dressing and its flavors will strike through. A drop of vanilla and the right amount of sugar makes all the difference in the world in whipped cream. A little oil raises many a salad from the ranks of the commonplace and a dust of paprika, onion or celery salt is often the difference between success and failure.

Some one may ask —"What have these things to do with 'Economy' in cooking?"

When foods are right, and are relished, there is no waste. Fewer kinds are needed at each meal and the family is kept more physically fit and happy. To be physically fit means fewer doctor-and-medicine bills, less lost time, and a greater capacity for work and play. This means that physical fitness is re-created as Nature intended and so the *victorious circle is completed.*

Fine cookery is an art that every woman should be proud to master.

E. G. W.

* * *

## Honey Desserts

IN the making of many desserts, honey may be used in place of, or in connection with, sugar or molasses. The flavor

of good honey combines especially well with spices and flavoring commonly used in such dishes. The following recipes are suggestive, and honey can be used in others by substituting a cup of honey for a cup of sugar.

### Baked Honey Custard

Take five eggs, half a cup of honey, four cups of scalded milk, one-fourth teaspoonful, each, of powdered cinnamon and salt. Beat the eggs just enough to unite white and yolk. Add the other ingredients and bake in cups or in a large pan in a moderate oven. It is best to set the baking dishes in a pan of water.

### Boiled Honey Custard

Two cups of milk, yolks of three eggs, half a cup of honey, and a pinch of salt. Mix the honey, eggs, and salt. Scald the milk and pour it over the other. Cook in a double boiler till the mixture thickens.

### Honey Pudding

Use half a cup of honey, six ounces of bread crumbs, half a cup of milk, rind of half a lemon, two eggs, two tablespoonfuls of butter, and half a teaspoonful of ginger. Mix the honey and bread crumbs, then add the milk, seasonings, and yolks of eggs. Beat thoroughly and add the butter and whites of the eggs well beaten. Steam for two hours in a pudding mold or pan which is not quite full.

### Honey Ice Cream

Take a pint each of milk and cream, the yolks of six eggs, and a cup of delicately flavored honey. Heat the milk in a double boiler, pour it on the honey and eggs beaten together; return to the boiler and cook till it thickens, then add the cream and a little flavoring. When the mixture is cool, freeze it. For those who do not like eggs in ice-cream a quart of thin cream and half a cup of honey may be used, with the desired flavoring.

### Honey Mousse

Heat one cup of well-flavored honey. Beat four eggs slightly, and slowly pour the hot honey over them. Cook until the mixture thickens, and when it is cool add a pint of cream, whipped. Put the mixture into a mold, pack in salt and ice, and let it stand three or four hours.

H. F. G.

* * *

## Two Choice Cookies

THE first recipe won first prize at the Connecticut State Fair, and a five-dollar prize at the New York State Fair. Besides this, these cookies have met with favor wherever offered. They are much better after the first day. They keep nicely and are as good to look at as they are to eat.

### CHOCOLATE JUMBLES

- 2 cups sugar
- 3 eggs
- 1 cup melted shortening
- 2 squares melted chocolate
- 1 teaspoonful soda dissolved in
- 2 tablespoonfuls warm water
- 4 cups flour

Roll. Cut out with cake-cutter and frost the top when the cookies are cool, using boiled frosting.

Very good results may be obtained by using one-half of the recipe and taking two eggs, saving the white of the one for the frosting.

It is easy to vary the amount of chocolate, if one likes it a little stronger or with less.

Another very delicious cooky is made with a filling of suitable fruits. It is unusual and extremely satisfying.

### FILLED COOKIES

- 1 cup sugar
- ½ cup shortening
- ½ cup milk
- 2½ cups flour
- 2 teaspoonfuls cream tartar
- 1 teaspoonful soda
- 1 teaspoonful vanilla

### FILLING

- 1 cup chopped figs or raisins
- ½ cup sugar
- ½ cup water
- 1 teaspoonful flour mixed with the sugar

Cook until thick. Roll the cookies out

thin. Put one teaspoonful of the filling on the center of a cooky and flatten it down. Place another cooky on top. Press the edges together and bake.

These do not keep so very well, as after the second or third day the moist filling begins to soften up the cooky covering. For this reason it is not advisable to make a large number. The rule given will make two plates, and these can easily be disposed of while they are at their best.

E. G. W.

* * *

## Pound Cake

ALMOST every one likes pound cake, but it makes such a large loaf for a small family.

My half-pound cake is very good, cooks in about one hour, and is just large enough for any ordinary occasion.

This is the recipe:

| | |
|---|---|
| 1 cup butter (scant) | ½ teaspoonful baking powder |
| 1¾ cups sugar | 5 eggs |
| 2 cups flour, sifted three times | |

Cream butter; add sugar. Do not separate the eggs, but add them, one at a time, to the butter and sugar, beating well after each one.

The only thing to be avoided in making this cake is the use of too much butter. It *must not* be packed in the cup. Bake in a slow oven.

A. G. S.

* * *

## An Artistic, Inexpensive Breakfast Room Equipment

ARE you interested in decorating your own furniture, putting your own ideas and yourself into your home? If so, I will confide in you how I did this very thing, and at a low cost.

I bought, through a local furniture store, an unpainted, pine breakfast table for $9.50. I painted this with two coats of light gray paint, rubbing it down between coats with the finest quality of sandpaper. Then the table was given two coats of light gray enamel.

The six chairs I already had. They were the common old "kitchen chair," varnished. These I sandpapered down enough to roughen the surface, so the paint would take well. These were painted in the same way as the table.

I use, on the gray table, a set of Sanitas doilies, which I also made, and you can make, too. The place mats are 18 x 11 inches; the center mat is 22 x 15 inches. These are painted in the upper left-hand corner with a gay flower design of "many colors," like Joseph's coat! A narrow band of canary yellow finished the doilies on the edges. It takes one yard of Sanitas, costing 65 cents.

The gray table is most attractive when set with the Sanitas set. They save the table linen and the washing and ironing of the same; and to freshen them I wipe them off with a damp cloth, and occasionally wash them with lukewarm water and ivory soap.

You have no idea how much more you will enjoy your table if you paint it yourself, and put some of your own self-expression into your home furnishings.

A. C. H.

* * *

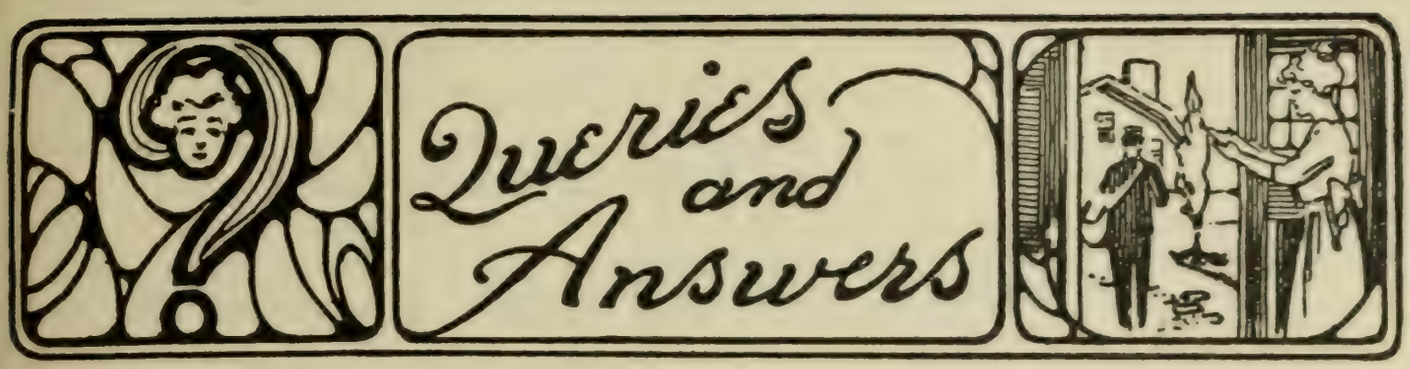
## Washing Laces

In the delightful old novel of "Cranford," the ladies washed their laces in milk and water, and the Director of one of the modern English lace schools asserts that even now she knows no better method. Instead of the bottle which is so often used for such purposes, she suggests spreading the lace around a piece of smooth-finished wood, and letting it float itself clean. Then put it away in blued flannel. To do this, take a piece of heavy white flannel and soak it in bluing repeatedly until it can absorb no more. If the lace is white when put away, the bluing will aid in keeping it so.

M. J. H.

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Housewife: "If you love work, why don't you find it?" Begging Tramp: "Love is blind, ye know." — *Judge.*




THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. For menus, remit $1.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 4104. — "Please give me the menu for an up-to-date Five O'clock Tea, or refreshments suited to an afternoon gathering of twenty-five or more ladies.

"Also suggest some Toasts for Dinner Occasions."

The correct five o'clock tea consists simply of tea and wafers, or very thin sandwiches, or the English paper-thin slices of buttered bread. For a gathering of the size you mention, all of these — that is, wafers, sandwiches, and the transparently thin slices of buttered bread, which it is a fine art to cut — may be provided for the sake of freedom in choice.

Refreshments for an "At Home," or following a club meeting, or an afternoon of Red Cross work, or the like, may include a choice of tea, coffee, or chocolate; two kinds of sandwiches, sweet and savory; salad with saltines; ice cream or sherbet, with cake and macaroons, and bonbons. Between these two extremes there is scope for more or less elaboration.

## Toasts for Dinner Occasions

Since much of the enjoyment of good toasts comes from clever local allusions, it would be difficult to make specific suggestions for dinners in general. Almost any subject, if well handled, will stimulate a good response. Such topics of current interest as the coal strike and the "wet" and "dry" issues, treated with humor and without political bias, furnish unfailing springs of interest. Local practices and happenings, covert and complimentary allusions to the guest of honor, or to the business or profession of other prominent guests, will be in order. There is a small book published by the H. W. Wilson Co., White Plains, N. Y., called "The Toaster's Handbook," by Peggy Edmond and Harold Workman Williams (both pseudonyms), which deals with the subject very effectively. Try for this in your town library.

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QUERY No. 4105. — "Please give me recipes for some good Candies made from Gelatine, aside from marshmallows."

## Raspberry Jujubes

Take one-half package of any good granulated gelatine, and put into a double boiler with one-half cup of syrup strained from raspberry, or from any other rich preserve. Add three-eighths of a cup of glycerine, measured very carefully. Let all stand together for half an hour, then cook very slowly in the double boiler until the gelatine is entirely dissolved and the mixture smooth and syrupy. Avoid stirring while cooking, or the jujubes will be cloudy instead of clear. Then pour into a shallow dish, carefully wetted all over, and when cold cut in dice. Glycerine is used instead of sugar to keep the jujubes soft. They should be kept in a cool place, or they may stick together; or powdered sugar may be sifted over them to prevent this, but then the pretty, clear ruby tint will be hidden.

## Orange Pastelles

Dissolve one-half cup of granulated sugar in two — or at most three — tablespoonfuls of water in a smooth saucepan. Hydrate one tablespoonful of granulated gelatine in four tablespoonfuls of cold water, and when all the water has been absorbed add to the sugar and cook together until the mixture boils. Remove from fire; add the juice and grated yellow rind of one-half an orange, and one-half cup of confectioner's sugar, and work all together with a wooden spatula until the mixture is smooth and begins to thicken. Then spread on a slab or dish in a thick layer, and when firm cut into squares, and roll in granulated sugar mixed with one-fourth its volume of grated orange rind.

## Turkish Delight

Hydrate one-half package of gelatine in one-fourth cup of cold water. Add one cup of boiling water and two cups of sugar, and cook together until mixture boils, then let simmer ten minutes. Add flavoring, such as lemon juice and grated rind, or any other fruit juice from canned or preserved fruit — about three or four tablespoonfuls. Pour on dish or pan in a layer one-half an inch thick, and when firm have ready a tin box lined with waxed paper, cut the jelly to fit this, and sift between the layers a mixture of equal parts of corn starch and powdered sugar.

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Query No. 4106. — "Will you please give a recipe for Blanching, Browning, and Salting Almonds?

"What kind of almonds should I buy, and what is the return per pound?"

## To Blanch Almonds

Put over fire in cold water to cover, bring water quickly to a boil, drain almonds through colander, then let cold water flow over them, or immerse colander for a moment in very cold water. Place almonds immediately between coarse towels, and rub off brown skins.

## To Brown Almonds

Thoroughly dry the blanched almonds, and coat with olive oil by shaking in a bowl or other vessel with two tablespoonfuls of oil to one cup of the nuts. Brown in pan over fire, stirring or shaking to get an even color; or spread the oiled nuts on a baking sheet, and set this on the rack of a hot oven. Drain on absorbent paper.

## To Salt Almonds

While still hot from the fire sift fine table salt over the nuts in the proportion of one tablespoonful to a cup of nuts.

If oil, salt, and blanched nuts are mixed, and let stand overnight in the refrigerator, the salt will penetrate the nuts, instead of being on the outside only. Or the quicker method may be employed of cooking the blanched nuts in very strongly salted butter, and then draining thoroughly.

Any good quality of nuts may be used, the paper shelled ones have generally thinner shells and larger kernels. The return to be expected depends on location, on attractive boxing, etc. Twice the gross cost of the materials used is an average estimate.

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Query No. 4107. — "I wish a recipe for Mince Meat made Without Meat, but with apples, raisins, etc.

"What kind of cider would you use?

"I also want a recipe for Veal Loaf, or Mousse, made with little meat.

"I wish several recipes for good Sunday Night Supper Dishes, hot or cold."

## Mince Meat Without Meat

The recipe for mince meat given in answer to Query No. 4096, on page 371 of the December number of this magazine, may be used, provided twelve hard-boiled eggs are substituted for the meat and meat juice in that recipe. Similarly, eggs can be substituted for meat in the recipe for any mince pie filling; and butter, if desired, may be substituted for suet, using one-fifth less butter.

Here is a recipe for

# why make such expensive cakes?




Crisco is always sold in this air-tight, sanitary container—*never in bulk.* There is nothing else like it. One pound *net weight,* and larger sizes.




***When should egg whites be beaten into a cake, and when folded in?***

***What kind of flavoring retains its taste best through baking?***

Learn the answers to these questions, also to scores of other important questions about all kinds of cooking, in "The Whys of Cooking", a book written especially for Crisco users by Janet McKenzie Hill, founder of The Boston Cooking School and editor of "American Cookery". Correct instructions for setting the table and serving meals. Many new recipes. 108 pages. Illustrated in color. Sent, postpaid, for only 10 cents in stamps. Address Dept. A-1, The Procter & Gamble Co., Cincinnati, Ohio.

There is really no need to use expensive butter in cakes, since you can make even the most delicate cakes taste as if made with butter, just by using Crisco plus extra salt—one level teaspoonful of salt for every cupful of Crisco.

Not only does Crisco cost only about half as much as butter, but less is required, because Crisco is 100% richness—a solid cream of wholesome vegetable oil—while butter is part water, salt and curd.

You always can depend on Crisco, because it is made by a special process so that it is always the same. It does not turn rancid. It is always pure, fresh, colorless, tasteless, and odorless. White cakes, enriched with Crisco, have a snowy, light-as-a-feather tenderness that is as delightful as their delicate flavor.

**Crisco is as good for frying and pastry making as it is for cake**

*Crisco is a better, all-purpose cooking fat. Flaky pie-crust, light biscuits, and crisp, greaseless fried foods that are as digestible as they are good, reward the cook who uses nothing but Crisco in her kitchen. Get Crisco at your grocer's.*



## Apple Mince Meat

Chop very fine three-quarters of a pound of beef suet from the kidney, and sprinkle with two teaspoonfuls of salt. Pare, core, and chop two pounds of sour apples, and mix with one pound, each, of chopped raisins and cleaned currants. Mix these with the suet. Sift together two pounds of sugar, one teaspoonful, each, of powdered cloves and grated nutmeg, and one tablespoonful, each, of powdered cinnamon and allspice. Mix these with the suet and fruit; add the juice and grated rind of one lemon, and a cup of sweet cider. Candied orange peel, or chopped citron, may be added, about four ounces of either, or of the two mixed. Can the mixture by packing into glass jars and using the cold-process method.

## Veal Loaf, Made With Little Meat

Put through food-chopper two pounds of raw veal, and chop fine. Moisten one-half pound of stale bread with hot water by pouring over the slices and then squeeze out superfluous liquid. Add to the moistened bread while still hot one-half cup of butter or butter substitute, one teaspoonful of pepper, one tablespoonful of salt, one-half teaspoonful of celery salt, and two teaspoonfuls of onion juice. Mix with the chopped veal, bind with two or three well-beaten eggs, and bake in pan in slow oven for one and one-half to two hours. Use warm or cold.

One-quarter pound of chopped bacon or salt pork gives a good flavor to this loaf. The proportions of veal and bread may be altered, and one-half more or less of either be used.

The foregoing recipe may be changed into a veal mousse by using cold cooked meat, four eggs, whites and yolks beaten separately, and cooking over hot water until firm.

## Sunday Night Supper Dishes

The veal loaf, given above, is excellent for Sunday night supper. The Cheese Ramequins, and Eggs au Gratin, on page 117 of the August-September number of AMERICAN COOKERY, and the Salmon Pie on page 118 of the same number; the Macaroni and Chicken Pudding, on page 276 of the November number; the Veal and Ham Pie, Yankee Boy Steak, Onion Dumplings with Potato Crust, on pages 193, 194, and 196, respectively, of the magazine for October, all make excellent dishes for Sunday Night Suppers. Here are two others.

## Jellied Oysters

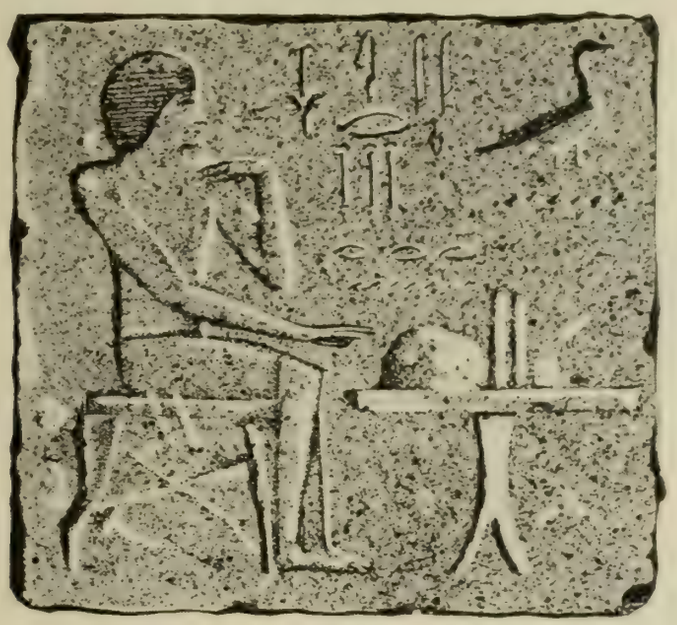
Hydrate one-half box of gelatine in one-half cup of cold water, and dissolve in three cups of hot fish stock, or oyster liquor mixed with water and seasoned with vinegar, parsley, etc. Pour into a two-quart bowl to the depth of one inch, and let cool. When firm set on this a one-quart bowl; fill this with chopped ice, and pour around it enough jelly to come nearly to the brim. When the jelly is firm, remove the bowl (it can be filled with hot water instead of ice, to loosen it from the jelly) and put into the cavity enough cold cooked oysters to fill it. Pour the remainder of the jelly over all, and when the whole has solidified, turn out on platter, garnish with lettuce, or cress, and serve with a good mayonnaise or boiled dressing.

## Beef Olives With Apples

Pound a piece of round steak three-fourths an inch thick to one-half that thickness, without breaking the fibres. Cut in strips 2 x 3 inches, spread with any highly seasoned meat or bread filling, roll, and skewer. Cook in butter in hot pan until brown.

Pare and core four sour apples, and slice into rings one-half an inch thick. Cook in butter in a separate pan, covered, until soft. Add to pan a little sugar, and continue to cook apples, uncovered, until slightly brown.

Pile the beef olives in the center of a dish, and surround with the apples. Garnish with parsley.



# How did the ancient Egyptians raise their dough?

Four thousand years ago the Egyptians leavened their bread with sour dough left from the last baking—dough full of all manner of yeasts and bacteria from the air.

This has been proved by microscopic examination of barley bread found in the tombs of ancient Egypt. Not the least interesting part of this is that the same primitive method has persisted for literally thousands of years—and is even today in use in sections of Europe and the countries of the southern hemisphere.

Since that time there have been many new methods of leavening but the latest chapter is baking powder, and the final development in baking powder is Ryzon. It is made of pure, healthful, economical ingredients, combined with scientific accuracy.

*Ryzon is packed in full 16 ounce pounds—also 25c and 15c packages. The new Ryzon Baking Book (original price $1.00), containing 250 practical recipes, will be mailed, postpaid upon receipt of 30c in stamps or coin, except in Canada. A pound tin of Ryzon will be sent free, postpaid, to any domestic science teacher who writes us on school stationery, giving official position.*

**GENERAL CHEMICAL CO.**
**FOOD DEPARTMENT**
**NEW YORK**

*The Ryzon*  *level measure*




**RYZON**
**THE PERFECT BAKING POWDER**

QUERY No. 4108. — "Will you kindly give a recipe for Sour Cream Cake?

"Please tell me how to make a Pineapple Filling for layer cake?"

## Sour Cream Cake

Sift together two cups and one-fourth of flour, two teaspoonfuls of baking powder, one-half teaspoonful of salt, and one-teaspoonful, each, of cinnamon and nutmeg. Add one cup and one-fourth of sugar, one-half cup of nuts, and one cup of chopped and floured raisins. Stir into one cup of thick, sour cream, one-fourth teaspoonful of baking soda, dissolved in one tablespoonful of water. Add to this one-fourth cup of softened, or barely melted butter, and stir together enough to mix. Combine the flour and other dry ingredients with the cream and butter; beat together for a minute, and bake in a loaf tin, lined with greased paper. If eggs are plentiful, one or two will make the cake richer.

As a general rule, any cake recipe may be changed to one for sour cream, by substituting sour cream for sweet milk, adding one-fourth teaspoonful of soda to each cup of the cream, and counting the cream as equal to one-third cup of butter. Thus, if you wished to use sweet milk in the foregoing recipe, you would reverse this process, by substituting one cup of milk for one cup of cream, omitting the soda, and adding one-third cup of butter to the quarter-cup prescribed.

A sour-milk cake recipe is easily changed to one for sour cream, by simple substitution of cream for milk, and counting the cream as equal to one-third a cup of butter.

## Pineapple Filling for Layer Cake

The canned, shredded pineapple, drained from the syrup, and spread between the layers, makes a very good filling. The syrup may be used as a basis for the frosting.

Or the shredded pineapple, syrup and all, may be thickened with beaten egg, one egg to a cup of pineapple, cooked together like soft custard.

Or two tablespoonfuls of butter may be rubbed together with two tablespoonfuls of flour, and cooked with one cup of shredded canned pineapple until thick enough to spread in a good, deep layer.

In every case a little sugar may be added, if desired. The sliced canned pineapple should be chopped fine; and fresh pineapple should be grated when you wish to use it for cake filling.

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## How to Prevent Lamp Chimneys from Cracking

HOUSEKEEPERS who have been troubled by the frequent cracking of their lamp chimneys, owing to the poor quality of glass since the war, will be interested to hear of this simple, preventative measure.

Hang an ordinary wire hairpin over the top of the lamp chimney. When the lamp is lighted, the metal hairpin will heat very rapidly, thereby helping to equalize the temperature of the globe.

This device has been tried in our household for several months, with surprising results; and has saved us many twenty-five cent pieces. H. P. Y.

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## How to Prevent Bread and Cake Tins from Sticking

MY old Southern Cook always uses this method to keep her cake, bread or any small irregular-shaped tins from sticking.

She first rubs the inside of the tin thoroughly with salt, then she puts a layer of salt one inch thick in the bottom of the tin, and places the utensil in a hot oven and bakes it for one hour. If the oven is only moderately hot she leaves the tin in the oven for three or four hours.

She treats all new tins before they are used, but old ones may be prepared in the same way.

Her method is simple and the results obtained more than repays her for her labor. B. W. D.




# "Hooray! Do it again."

WHO cares about an unexpected spill in the snow? These sturdy little folk enjoy the fun of healthful, out-door play in snowy weather as in summer-time.

Mother safeguards against cold and hunger by giving them each a steaming bowl of ***Wheatena*** as their cereal for breakfast. ***Wheatena,*** the roasted, all-wheat cereal, supplies the proper nourishment for a sound foundation of strength, and tastes so good, children, and big folks too, never tire of the sweet, nutty flavor.

***Wheatena*** **is cooked and ready to serve in 3 minutes.**

The quickness and ease with which ***Wheatena*** is prepared makes it a real boon to housewives. And ***Wheatena*** can be served in many tasty recipes that are equally delicious for every meal of the day.




***Wheatena*** is sold by all grocers. Send for our Recipe Book. Free on request.

The Wheatena Company,
Wheatenaville,
Rahway, New Jersey

## Extremists

There was once a young maiden named Rose,
Fond of Fashion's extreme furbelows;
And a new "silhouette"
Though she knew silly, yet
She would straightway adopt if she chose.

So by freaks which old Dame Fashion hath,
Rose would sometimes seem thin as a lath,
In some style like the willow;
Then again, like a pillow,
She would look as she walked down the path.

When it came to the waist-line, ah, me!
You could never tell where hers might be;
For one day it would soar,
And the next it would lower,
From perhaps F in alt to low G.

And no wonder it was, I suppose,
At the Opera, then, all the beaus
Who regard with esteem,
Girls who wear the extreme,
At the sight of Miss Rose, rose in rows!

—*Blanche Elizabeth Wade.*






## Those Rural Profiteers

And men relate that Mrs. Newlywed went to the grocery store to do her morning marketing. And she was determined that the grocer should not take advantage of her youth and inexperience.

"These eggs are dreadfully small," she criticized.

"I know it," he answered. "But that's the kind the farmer brings me. They are just fresh from the country this morning."

"Yes," said the bride, "and that's the trouble with those farmers. They are so anxious to get their eggs sold that they take them off the nest too soon!"

— *Cleveland Plain Dealer.*

## "More Wittles"

Dr. Fort Newton, former pastor of the London City Temple, tells of a clergyman who went to an hotel in London to order dinner for a number of clerical friends.

"May I ask, sir," said the waiter, "whether the party is High Church or Low Church?"

"Why do you ask?"

"Because, sir, if High Church, I must provide more wine; if Low Church, more wittles." — *Tit-Bits.*

## Lowered Percentage

Donald: "D'ye ken Mac fell in the river on his way hame last nicht?"

Willie: "Ye dinna mean tae say he was drooned?"

Donald: "Not drooned, but badly diluted." — London *Ideas.*

## Universal Peace Delayed

A modern Aesop relates that a rooster was once feeding beside the road and, seeing a fox approach, promptly flew into a convenient tree.

"Have you heard the great news?" the fox asked.

The rooster replied he had heard no news.

# "Nine in Ten Are Underfed"




Late statistics show that average food cost, since 1914, has risen 85 per cent.

A Chicago Board of Health authority is quoted as stating that, on this account, nine folks in ten are being underfed.

## That is Unnecessary

Study the facts below. Foods are commonly measured by energy units, by calories. A man must have 3,000 calories daily, else he is underfed.

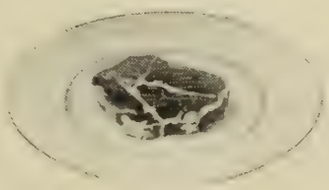
In meat, eggs, fish, etc., those 3,000 calories cost about $1.50. Most folks can't afford that. In Quaker Oats 3,000 calories cost 16½ cents.

Note these facts about some necessary foods, based on prices at this writing:

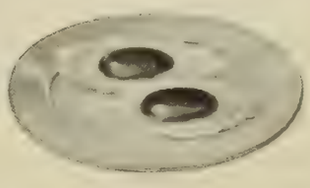
## Compare These Costs



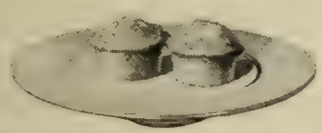
**Quaker Oats**
costs 1 cent per big dish, or 5½ cents per 1,000 calories.



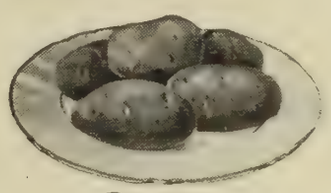
**Meats**
1 cent per bite, or 45 cents per 1,000 calories.



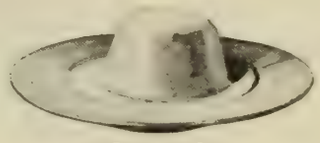
**Eggs**
70 cents per 1,000 calories



**Muffins**
1 cent each



**Potatoes**
1 cent each



**Custard**
4 cents per serving

Note that meats, eggs, fish, etc., average nine times Quaker Oats cost for the same calory value. Yet the oat is the supreme food. It is almost a complete food. It costs but one cent for a big dish. And folks who eat it are not underfed.

We don't urge living on Quaker Oats alone, but make it your basic breakfast.

# Quaker Oats

## World-Famous for Its Flavor

Quaker Oats has won a world-wide fame through its exquisite flavor. It is flaked from queen grains only — just the rich, plump, flavory oats. We get but ten pounds from a bushel. Yet it costs no extra price.

***15c and 35c per package***

***Except in the Far West and South***

**Packed in Sealed Round Packages with Removable Cover** 3264




**TECO**
SELF-RISING
**Pancake**
and Buckwheat
**Flour**

*The Buttermilk Does it*
*It's in the Flour.*

**Hot cakes! In a minute!**
**Made with Teco pancake and buckwheat flour.**

**Wheat cakes! Waffles! Gems!**
**Make the finest easily and quickly with Teco pancake flour and cold water.**

**Buckwheat cakes!**
**Tender, delicious, digestible. Just add cold water to Teco buckwheat flour.**

For our new buttermilk book write to
THE EKENBERG CO.
506 Cambridge St., Cortland, N. Y.
SAWYER CRYSTAL BLUE CO., N. E. AGTS.
88 Broad Street Boston, Mass.





**DEERFOOT FARM SAUSAGE**

**Made in the same old-fashioned way. Only the tenderest, leanest parts of the pig—chopped not too fine—with spicy herbs to lend piquant flavor—that's the genuine.**

Flavor and quality have made Deerfoot Farm Sausage famous. Be sure you get the genuine.

We prize the name Deerfoot too highly ever to let it stand for anything but the best.

**No other sausage has that distinctive taste. And you may be sure that everything that goes into the making of Deerfoot Farm Sausage is of the highest quality.**

**Sold in 1-pound links in parchment packages; 1-pound boxes of sausage meat and 2 and 4 pound bags of sausage meat.**

**SOLD BY ALL GOOD DEALERS**

DEERFOOT FARM, SOUTHBOROUGH, MASS.


"Well," said the fox, "universal peace has been declared. In future foxes will play with chickens, and lions with lambs. There is to be no more strife in the world, and no more work and worry. Come on down and play with me, and we will celebrate the great news."

But the rooster was doubtful, and the two argued back and forth. Finally the fox said: "If you intend to come down and play with me and celebrate the universal peace you'll have to hurry; I see a dog approaching."

"If universal peace has been declared," replied the rooster, "why not remain and play with the dog?"

"I am afraid," answered the fox as he made off, "that that fool dog hasn't heard the news." — E. W. Howe, in *Saturday Evening Post.*

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A little girl had been taken to church for the first time, and she was somewhat surprised by the general style of the building, which was quite unlike anything she had previously seen. "Whose house is this?" she asked. "It is God's house," her mother answered. The child took another critical view of the building. "It is a very nice house," she finally soliloquized. "We have never called here before." — Boston *Transcript.*

---

The demand of the Brooklyn plumbers for a ten-dollar-a-day wage suggests the probable fulfilment of Mr. Charles Dudley Warner's prophecy, spoken thirty-five years ago. He was then paying his masons $4 a day, and was struck by the serenity, the wholesome restfulness, with which they consumed the hours in slumber. "I have reason to believe," he observed thoughtfully, "that when the wages of mechanics are raised to $8 and $10 a day, the workmen will not come at all; they will merely send their cards." — *Life.*

---

First Citizen: "You can't stop a man from thinking!"

Second Ditto: "No, the difficulty is to start him!" — *Chicago News.*

# Do you know what is being done in Washington to Safeguard the American Table




DO you know that a great food industry representing an industrial investment of over $200,000,000 — the *canned* food industry —maintains headquarters at Washington with extensive laboratories devoted exclusively to the scientific aspects of preserving foods through sterilization?

These laboratories of the National Canners Association are under the direction of Dr. W. D. Bigelow, formerly with the Federal Bureau of Chemistry, and a close associate of Dr. Harvey W. Wiley on the Board of Drug and Food Inspection of the United States Government.

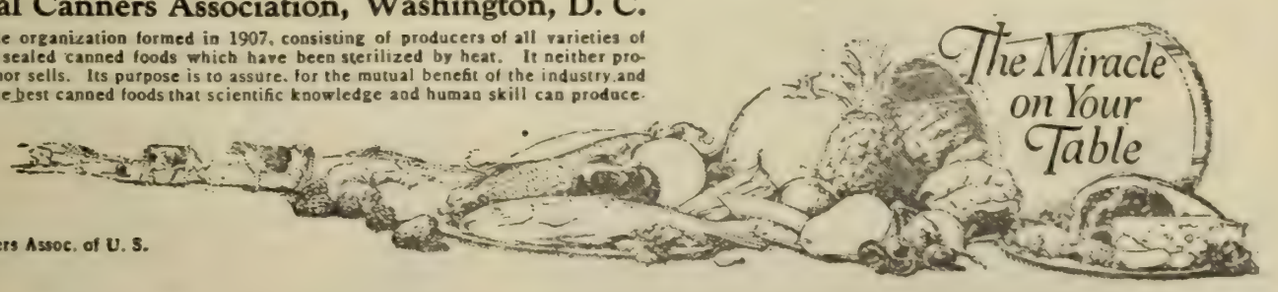
Dr. Bigelow and his staff of scientists, graduates of many of the foremost scientific institutions, carry out the exhaustive research work. Examination, analysis and elaborate experimentation, both with the product and with the container, is constantly going on. Members of the staff are continually travelling, and giving canners everywhere first-hand co-operation. Data is exchanged with other eminent laboratories (including those maintained by leading individual canners), and findings are spread broadcast to all canners for the benefit of the industry and the public.

In both chemical and bacteriological research the National Canners Association leaves no stone unturned in perfecting the multitude of products now so successfully marketed in cans. To visit these laboratories is to have new respect for the mighty industry now celebrating its one hundredth birthday.

No other country in the world equals the United States in the production and consumption of canned foods. To guard closely, therefore, the conditions surrounding their manufacture is a service which the canners of America gladly render to the people of this country.

**National Canners Association, Washington, D. C.**

A nation-wide organization formed in 1907, consisting of producers of all varieties of hermetically sealed canned foods which have been sterilized by heat. It neither produces, buys, nor sells. Its purpose is to assure, for the mutual benefit of the industry and the public, the best canned foods that scientific knowledge and human skill can produce.




© 1920 National Canners Assoc. of U. S.




# UNCLE JOHN'S SYRUP

**MAKES FINE FROSTINGS**

Now—with sugar hard to get, you'll find this good syrup a pleasant substitute for table and cooking purposes. Write for booklet of Uncle John's Recipes telling how to make delicious cake, puddings, candies, etc. It's free.

*Try Uncle John's Syrup tomorrow morning — on pancakes, hot biscuits, cereal, steamed bread or grapefruit. It's great— any way you serve it!*

Put up in 4 convenient sizes.
Ask your grocer for a can today.

**NEW ENGLAND MAPLE SYRUP CO.**
WINTER HILL, BOSTON, MASS.

**Cream Whipping Made Easy and Inexpensive**

# CREMO-VESCO

**Whips Thin Cream or Half Heavy Cream and Milk or Top of the Milk Bottle**

It whips up as easily as heavy cream and retains its stiffness.
Every caterer and housekeeper wants CREMO-VESCO.
Send for a bottle today.

Housekeeper's size, 1½oz., .30 prepaid
Caterer's size, 16oz., $1.00 "
(With full directions.)

**CREMO-VESCO COMPANY**
631 EAST 23rd ST., BROOKLYN, N. Y.

The Sammy: "Over in Amurica we gotta lilac bush fifty feet high." The Tommy: "I wish I could lilac that."
— *Cassell's Saturday Journal.*

Teacher: "Don't you know that punctuation means that you must pause?"
Willie: "Course I do. An auto driver punctuated his tire in front of our house Sunday and he paused for half an hour."
— *Boston Transcript.*

Employer: "For this job you've got to know French and Spanish, and the pay is eighteen dollars a week." "Lord, Mister, I ain't got no edication; I'm after a job in the yards." "See the yard-boss. We'll start you in at forty." — *Life.*

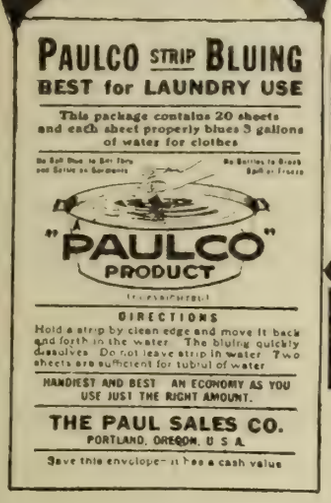
The street-car conductor examined the transfer thoughtfully and said meekly, "This here transfer expired an hour ago, lady." The lady, digging into her purse after a coin, replied, "No wonder, with not a single ventilator open in the whole car!" — *Exchange.*

"Do you find poultry-keeping pays?" "Well, no; I can't say that it pays me, but I think that it pays my boy Jim." "How's that?" "Well, you see, I bought him the fowls. I have to pay for their keep and buy the eggs from him, and he eats them." — *Illustrated Bits.*

The teacher was giving the class a natural-history lecture on Australia. "There is one animal," she said, "none of you have mentioned. It does not stand up on its legs all the time. It does not walk like other animals, but takes funny little skips. What is it?" And the class yelled with one voice, "Charlie Chaplin!"
— *London Tit-Bits.*

"Pa," said a young lady to her farmer father, "I wish you wouldn't say 'I seen.' I don't know how many times I've corrected you on that." "Now, Mamie, you look-a-here," said the old man, "you make yer livin' by good grammar and eddication, but yer ma and me, we're obliged to take in summer boarders, and, by jiminy, they demand the dialect if they pay the rates." — *Detroit Free Press.*

# AT LAST! A Perfect BLUING




PAULCO STRIP BLUING

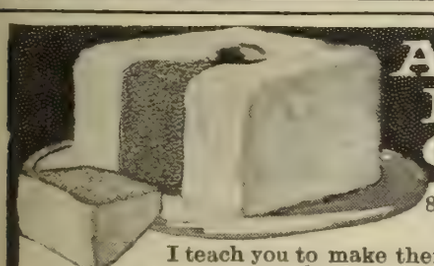
A bluing of clear indigo coloring, rolled dry onto paper. It dissolves instantly and does not streak nor spot the garments. It is made in strips, each strip being measured to perfectly blue 3 gallons of water.

It is clean and satisfactory — no bottles to break, freeze or spill; no sediment to stain and color the clothes. Try it and all bleaching troubles will be over.

Send us 16 cents in stamps with your name and we will mail you, postpaid, a full package of Paulco Strip Bluing — 20 strips — with a helpful domestic science treatise on washing clothes — "Why Blue Clothes?"

## PAUL SALES CO.

**818 DEKUM BLDG.**
**PORTLAND, OREGON**



## Angel Food Cake

8 Inches Square
5 Inches High

I teach you to make them better than you ever made them before—the most delicious Angel Food Cake and many other kinds, the most appetizing cakes you ever tasted.

**They Sell for $3.00—Profit, $2.00**

I will make you the most expert cake-maker in your vicinity. Your cakes will be praised and sought for. Your cakes will become famous, if you make them by the

**Osborn Cake Making System**

My methods are original. They never fail. They are easy to learn; you are sure to succeed the very first time. I have taught thousands. I can teach you. Let me sent you particulars FREE.



**Dept. L-1** **MRS. GRACE OSBORN** **Bay City** **Michigan**



## Delicious Salad Dressings without the Fuss and Bother of Making

**It's the dressing** that makes the salad a success. With a good salad dressing to give tang and flavor you can make the most appetizing salads from "leftovers" that would otherwise be thrown away.

## BEE BRAND
### MAYONNAISE DRESSING

is delicious for all kinds of salads. Made from the very finest oils, fresh eggs and other ingredients of the highest quality. It's really better than you can make at home — and always the same in texture, body, and flavor. You don't have to work over it, or worry about how it's going to turn out.

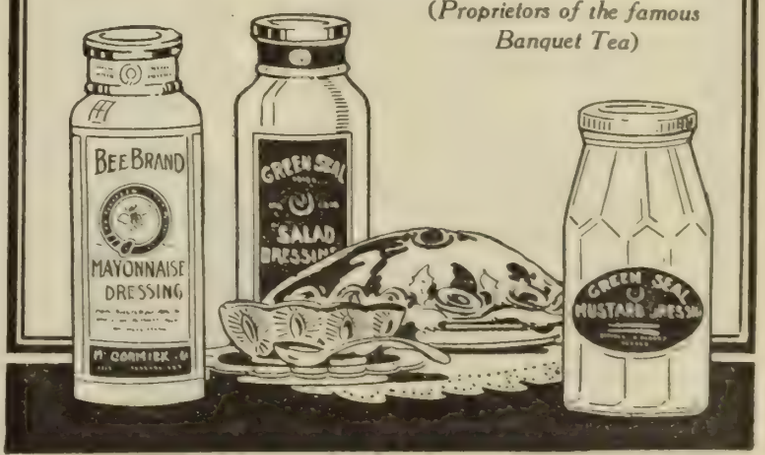
Other BEE BRAND ready-to-serve dressings are the **Green Seal Salad Dressing** for cold meats, chicken, lobster and all salads, — has a delightfully piquant, aromatic flavor. And the **Green Seal Mustard Dressing** for meat, fish, game, sandwiches, etc., is just the kind of a dressing you need every day in the week.

When you buy **Bee Brand Salad Dressings** you are sure of the quality. They are prepared under the most sanitary conditions and absolutely guaranteed as to purity.

Free Booklets containing many interesting facts concerning spices, teas, and flavoring extracts sent on request. Our **Bee-Brand Manual of Cookery** will be mailed you on receipt of 50 cents in coin or stamps.

**Mc CORMICK & CO., Baltimore, Md.**
**Manufacturers and Importers**

*(Proprietors of the famous Banquet Tea)*





# Good for Children

Milk, Nature's own best food, is even more readily digestible and more enjoyable to the taste by being made into Junket.

That is why it is recognized as one of the finest *foods* for children—and grown-ups.

**Junket**
MADE *with* MILK

serves the double purpose of a wholesome food and a dainty dessert.

Keep Junket Tablets on hand, and treat your family to Junket often, especially the children. Sold by grocers and druggists everywhere.

**THE JUNKET FOLKS**
**LITTLE FALLS, N. Y.**

**Canadian factory:**
**Chr. Hansen's Canadian Laboratory**
**Toronto, Ont.**

**Nesnah**
**The Powdered**
**Junket**

is the same as Junket Tablets, except it is in powdered form and already sweetened and flavored. It comes in 6 pure flavors, delicious in taste and appearance. Simply add milk.



## The Cost of High Living

Mr. Royal Meeker, a United States Commissioner of Labor Statistics, has secured information from 13,000 families having incomes varying from $900 to $2,500, which shows that the American standard of living does not rest upon a scientific foundation.

Mr. Meeker suggests that the value of food offered for sale should be designated in calories and not in pounds. Were this done it ought to appear that food which costs the most is not infrequently the most economical because of its high calory value. Mr. Meeker estimates that at the present prices, the average cost of food per diem and per man is 50 to 60 cents, at which rate the food cost for a family of five, husband and wife and three children, would be not less than $610 per annum.

The average cost for clothing is about $90 per man per annum; the cost for rent is $105 to $355; expenditure for sickness $23 to $120. These figures appear to be rather low considering the present high cost of living, and the lack of information possessed by the average housewife respecting the economic value of foods, and yet there can be no doubt that the cost of foodstuffs might be very considerably reduced by intelligent application of up-to-date knowledge respecting food values. The housewife needs education in the art of selecting and saving food, and there never was a more opportune time for an organized effort to place the needed knowledge in the hands of every mother of a family in the United States. There can be no doubt but the application of up-to-date knowledge of food values in each one of the 20,000,000 homes of the United States would result in saving annually several billion dollars which are now wasted.

---

Cook: "What I say is, all women should have a vote." Mistress: "You forget, cook, that you'd have to stay in the same place for more than a week to qualify for it." — *London Opinion.*



# *Good Cooks always keep it handy*

In these days of high living costs, DEL MONTE Tomato Sauce is helping many economical housewives to reduce food expense without sacrifice of food value or flavor.

There are so many ways to use it. It makes so many other foods taste better—puts new flavor into cheaper cuts of meat—turns "left-overs" into really tempting dishes. Women who know its many uses buy it by the dozen cans so as never to be without it. Sold by all good grocers in cans of convenient and economical size.

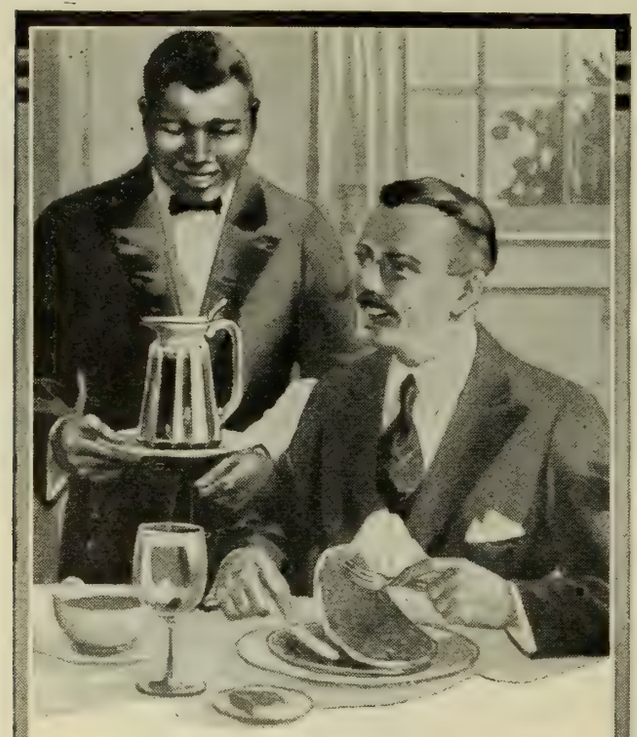
Send for a free copy of *"DEL MONTE Tomato Sauce Recipes"* (Publication No. 689), a book of over 100 simple recipes, that shows how easy it is to serve all kinds of really delicious foods at economical cost, with the aid of DEL MONTE Tomato Sauce.

Address Department R
CALIFORNIA PACKING CORPORATION
San Francisco, California

**Del Monte**
**TOMATO SAUCE**




*Made from red-ripe tomatoes, fresh peppers and pure seasoning ingredients. Unexcelled with meats, poultry, fish, fried oysters, fritters, omelets, macaroni, rice, beans, soups, salad dressings, cocktail sauces, etc.*



"Try This Syrup Sir!"

"It is made with Mapleine"

Leading chefs recognize the remarkable flavoring quality and delightful color of syrup made with

MAPLEINE
*The Golden Flavor*

Whether made in gallon quantities by the hotel or café chef, or in your home, its delectable taste and economy may be relied upon.

A half teaspoon Mapleine added to two cups of sugar dissolved in one cup of boiling water makes a pint of delicious syrup **instantly.**

Mapleine contains no maple sugar, syrup nor sap, but produces a taste similar to maple.




**Grocers sell Mapleine**

**2 oz. bottle 35c.**
**Canada 50c.**

4-cent stamp and trade-mark from Mapleine carton will bring the Mapleine Cook Book of 200 recipes, including many desserts.

**Crescent Mfg. Company**
323 Occidental Ave., Seattle, Wash.

## The Orange

The orange is one of nature's finest gifts to man. Orange juice contains predigested food in a most delicious and attractive form, ready for immediate absorption and utilization.

The amount of food contained in a single large orange is about equivalent to that found in a half slice of bread, but it differs from bread in that it needs no digestion, while bread, before it can be used in energizing and strengthening the body, must undergo digestion for several hours. It is for this reason that oranges are so refreshing to an exhausted or feeble person. The sweeter the orange, the greater its food value.

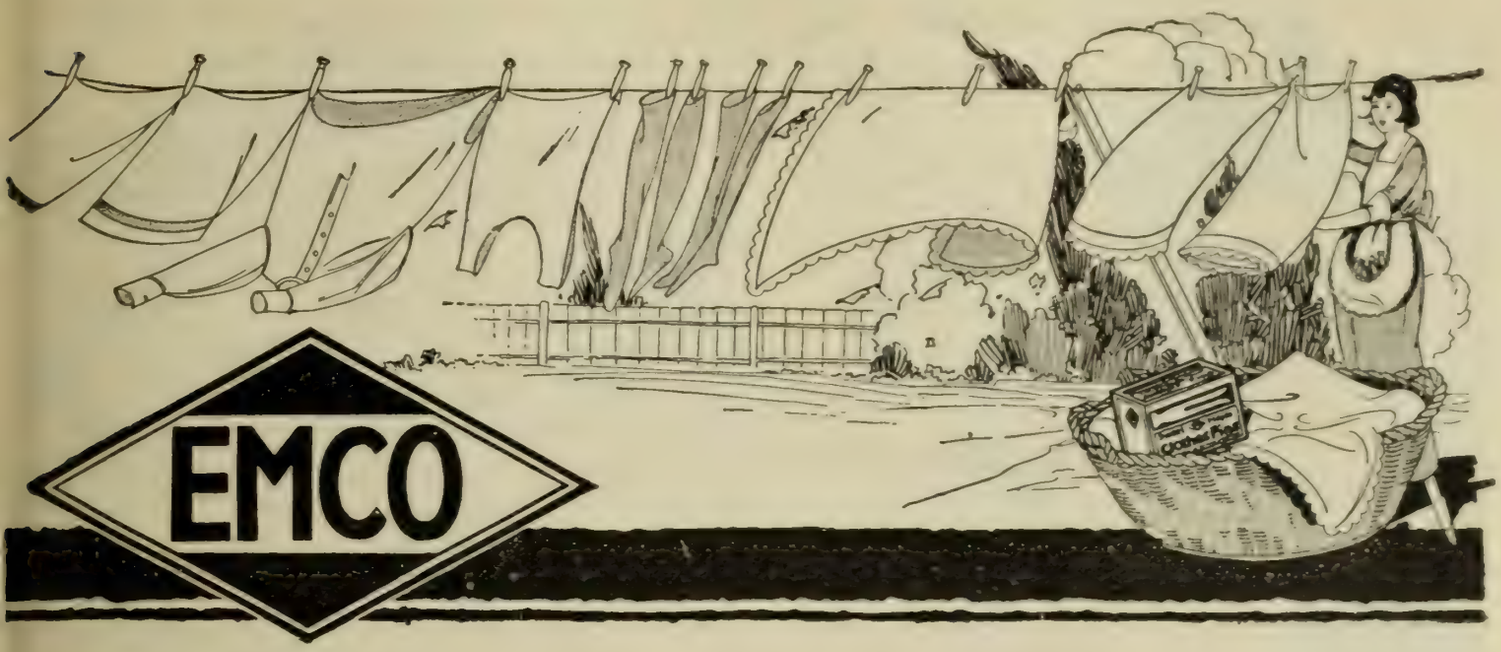
But the energy value of the orange, which for an ordinary-sized orange amounts to from 75 to 100 calories, is by no means its only value. Orange juice is rich in salts, especially in lime and alkaline salts, which counteract the tendency to acidosis, that is always threatening sedentary people, hearty meat eaters, and those advanced in age. The free use of orange juice is a valuable means of combating the inroads of "Father Time," and is also an excellent means of antidoting, to some extent, the bad effects of an indoor or sedentary life.

One or two oranges taken at bedtime and on rising in the morning are excellent means of stimulating bowel action. Oranges may be taken between meals with great benefit by feeble persons and those suffering from constipation. The delightful flavor and general stimulating influence of orange juice excites peristaltic activity, and so tends to prevent the accumulation of food residues in the colon which leads to putrefaction and autointoxication. — *Good Health.*

**SEVEN-CENT MEALS** $1.50 per week per person: 42 meals with recipes and directions for preparing each. This 48 pp. Bulletin sent for 10c or FREE for names of two friends who may be interested in our Domestic Science Courses.

**Am. School Home Economics, 503 W. 69th St., Chicago**

Trade Mark Registered.
**Gluten Flour**
*40% GLUTEN*
Guaranteed to comply in all respects to standard requirements of U. S. Dept. of Agriculture.
Manufactured by
FARWELL & RHINES
Watertown, N. Y.




# CLOTHESPINS

There is an ideal back of every EMCO Clothespin — the ideal that inspires the good craftsman.

EMCO pins are perfectly made, packed in neat, tight cartons, guaranteed as to count. They are smooth and strong. They represent the highest development of this indispensable old staple.

EMCO Clothespins come in packages containing five dozen and two dozen.

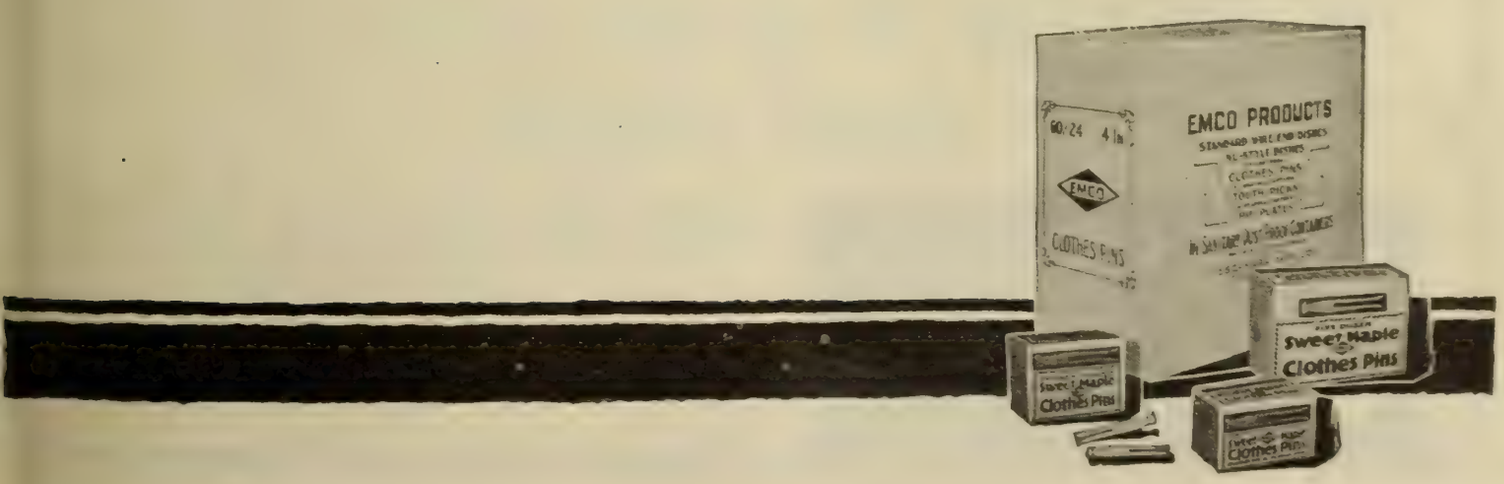
Ask your dealer for EMCO Clothespins.

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## ESCANABA MANUFACTURING CO.

MANUFACTURERS

ESCANABA, MICHIGAN



**SERVICE TABLE WAGON**



Large Broad Wide Table Top — Removable Glass Service Tray — Double Drawer — Double Handles — Large Deep Undershelves — "Scientifically Silent" Rubber Tired Swivel Wheels.

A high grade piece of furniture surpassing anything yet attempted for GENERAL UTILITY, ease of action, and absolute noiselessness. WRITE NOW FOR A DESCRIPTIVE PAMPHLET AND DEALER'S NAME.

IT SERVES YOUR HOME AND SAVES YOUR TIME. THAT IS PRACTICAL ECONOMY

COMBINATION PRODUCTS CO.
5041 Cunard Bldg. Chicago, Ill.



ROBERTS

**Lightning Mixer**

***Beats Everything***

Beats eggs, whips cream, churns butter, mixes gravies, desserts and dressings, and does the work in a few seconds. Blends and mixes malted milk and all drinks.

**Simple and Strong. Saves work—easy to clean. Most necessary household article. Used by 200,000 housewives.**

A USEFUL CHRISTMAS GIFT

If your dealer does not carry this, we will send prepaid quart size $1.00, pint size 75c. Far West and South, quart $1.25, pint 90c. Recipe book free with mixer.

**NATIONAL CO.** 165 OLIVER ST., BOSTON, MASS.

**SALAD SECRETS**

100 recipes. Brief but complete. **15c** by mail. 100 Meatless recipes **15c.** 50 Sandwich recipes **15c.** All three **30c.**

**B. R. BRIGGS, 250 Madison St., Brooklyn N. Y.**

**Delicious Whipped Cream**

can be easily made from ordinary Table Cream by adding a few drops of

**Farrand's Cream Whip**

*Send us 30c for full ounce bottle if your grocer does not carry it.*

Liberal samples free to instructors in Domestic Science.

**THE CREAM WHIP CO.**
**Cleveland, Ohio**

**USED DAILY IN A MILLION HOMES**

**Colburn's**
**Red Label**
**Spices**
**The A. Colburn Co., Philadelphia, U.S.A.**

A man from the north of Scotland, visiting Glasgow, was "boned" by a Salvation Army lass, and he gave her a sixpence. Turning into another street, he was again asked for a contribution. "Na, na," he said, "I gied a saxpence tae ane o' your folk 'roon the corner just noo." "That was very good of you," said the girl. "But then you can't do a good thing too often. And besides, you know the Lord will repay you a hundred fold." "Aweel," said the cautious Scot, "I'll just wait till the first transaction's feenished before we start the second."

— *Boston Transcript.*

In the soft firelight even the boarding-house sitting room looked cosey and attractive. The warmth and comfort thawed the heart of the "star" boarder. He turned to the landlady and murmured, "Will you be my wife?" "Let me see," replied the landlady, "you have been here four years. You have never once grumbled at the food or failed to pay my bill promptly and without question. No, sir, I'm sorry. You're too good a boarder to be put on the free list!" — *New Commonwealth.*

## Macaroni Morsels with Cheese

To two quarts of actively boiling water add one tablespoonful of salt and one cup of *Great Bear Spring Macaroni Morsels*, boil until tender (15 to 20 minutes), put into a colander, rinse with cold water and drain.

Place a layer of the boiled Morsels in a buttered baking dish, sprinkle with grated cheese, repeat, pour over white sauce, cover with buttered crumbs and bake until crumbs are brown.

*"If you cannot get Great Bear Spring Macaroni Morsels of your grocer, send us his name and address and eight two-cent stamps for a full half-pound, 15c package by parcel post, prepaid.*

*Sawyer Crystal Blue Co.,*
*Dept. M, 88 Broad St.,*
*Boston, Mass."*

*Adv.*



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The tart taste of apple, the sunny warmth of spice, combined with the delicate flavor of Minute Tapioca, make Apple Tapioca a prime favorite. It is easy to make, attractive to serve, and good for the whole family.

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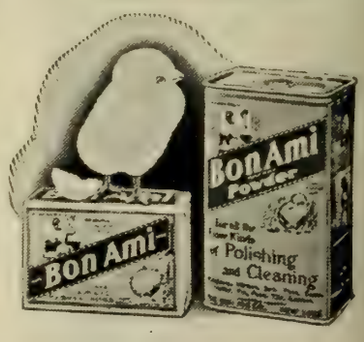
*Made in both cake and powder form.*

THE panes are actually ***invisible*** after I have gone over them with Bon Ami—not a speck of dirt or a cloudy streak remains.

It's so easy, too! Just a thin, watery lather of Bon Ami spread over the glass and then wiped away when it's dry!

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**to enlarge the subscription list of American Cookery is through its present subscribers, who personally can vouch for the value of the publication. To make it an object for subscribers to secure new subscribers, we offer the following premiums:**

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## INDIVIDUAL INITIAL JELLY MOULDS




This shows the jelly turned from the mould

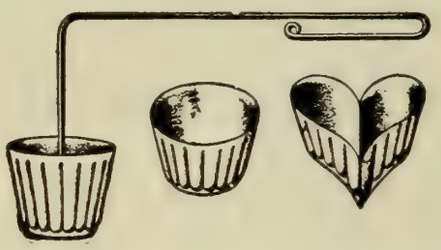
Serve Eggs, Fish and Meats in Aspic; Coffee and Fruit Jelly; Pudding and other desserts with your initial letter raised on the top. Latest and daintiest novelty for the up-to-date hostess. To remove jelly take a needle and run it around inside of mould, then immerse in warm water; jelly will then come out in perfect condition. Be the first in your town to have these. You cannot purchase them at the stores.




This shows mould (upside down)

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As illustrated, are used to make dainty, flaky patés or timbales; delicate pastry cups for serving hot or frozen dainties, creamed vegetables, salads, shell fish, ices, etc. Each set comes securely packed in an attractive box with recipes and full directions for use. Sent, postpaid, for one (1) new subscription. Cash price, **75 cents.**

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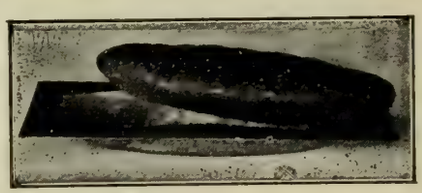
## FRENCH ROLL BREAD PAN



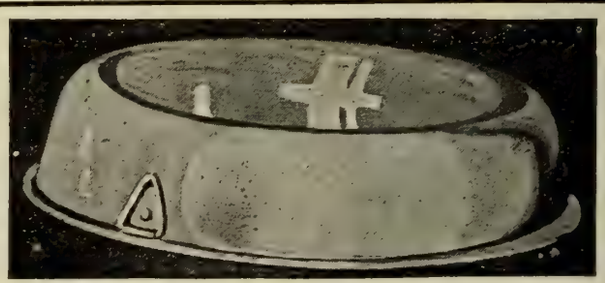
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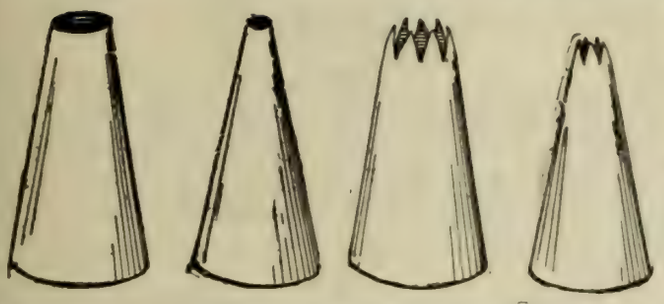
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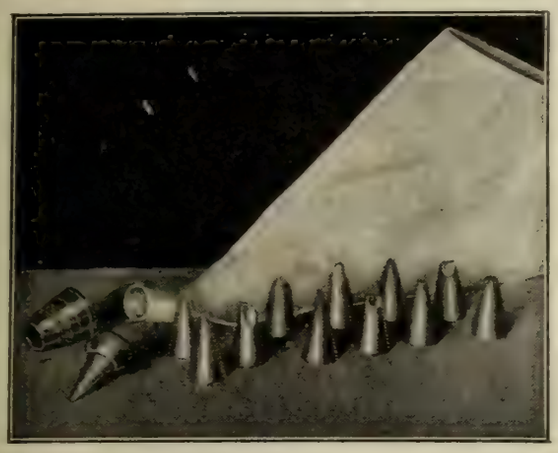


## PASTRY BAG AND FOUR TUBES

(Bag not shown in cut)

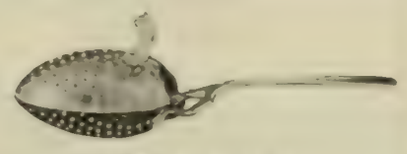
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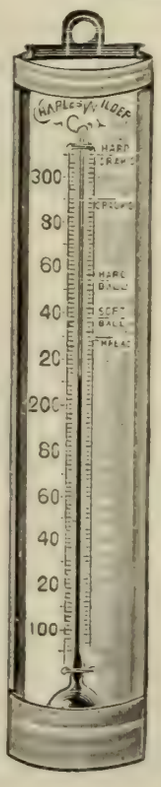





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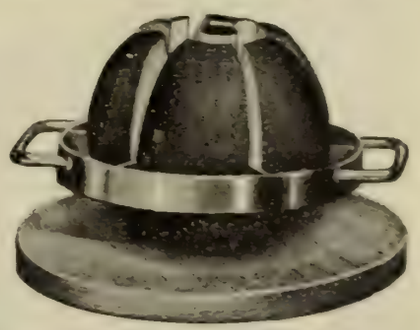
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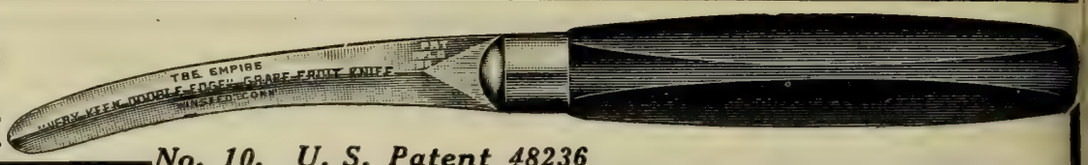
## FRUIT CUTTER



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# A Perfect Knife for Grape Fruit

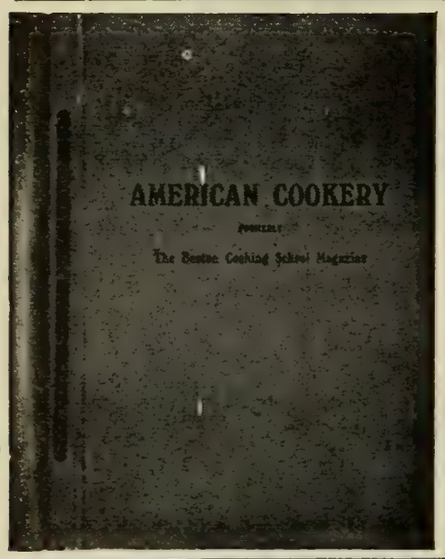



*No. 10. U. S. Patent 48236*

The blade of this knife is made from highly tempered, high quality, cutlery steel, curved so as to remove center and to cut cleanly and quickly around the edge, dividing the fruit in segments ready for eating. An added feature is the round end which prevents cutting the outer skin. The popularity of grapefruit is growing so rapidly that this knife for time saving and handiness is a necessity. For sale at the best dealers. If not found with your hardware dealer we would be glad to send by mail, providing dealer's name is sent, with 50 cents, which covers cost of postage.

**THE EMPIRE KNIFE CO.** *Sole Manufacturers* **WINSTED, CONN.**

**Established 1856** *Trade Mark "EMPIRE" Registered U. S. Patent Office.*



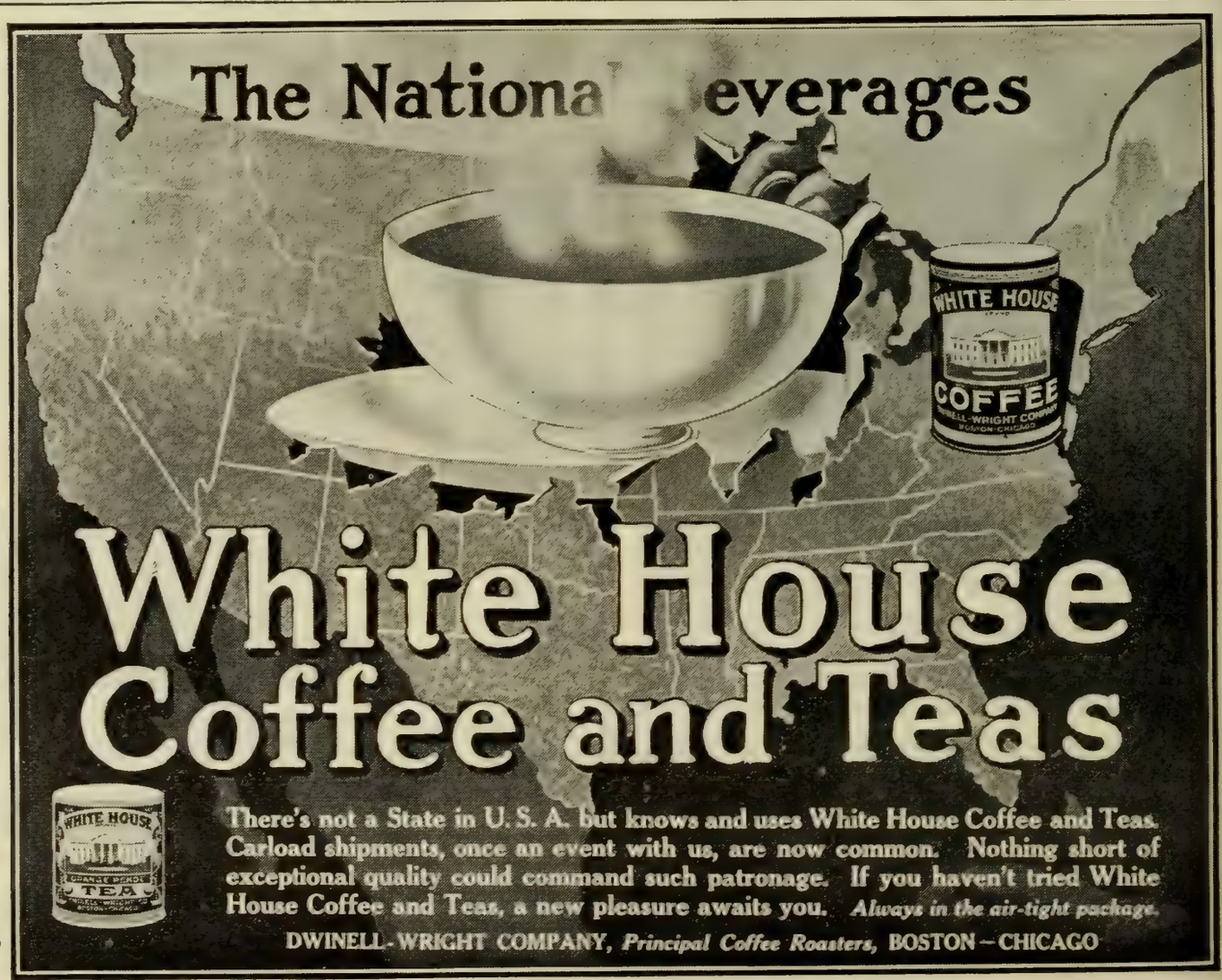

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"THE PIRATE"

# AMERICAN COOKERY

**Vol. XXIV** **FEBRUARY, 1920** **No. 7**

## CONTENTS FOR FEBRUARY


| | | PAGE |
|---|---|---|
| ONE WEEK IN WINTER. Ill. . . . . | Beulah Rector | 491 |
| THE MAGICIAN'S DAUGHTER . . . | Elsie Spencer Eells | 497 |
| THE HOUSEKEEPER IN TOKYO . . . . | Emily Kennedy | 501 |
| MARKETING IN THE PHILIPPINES . . | Kathleen Tyndall | 504 |
| FOOD HYGIENE . . . . . | F. M. Christianson | 507 |
| THE JOYOUS TURNOVER . . . . . | Grace P. T. Knudson | 509 |
| EDITORIALS . . . . . | | 510 |
| SEASONABLE-AND-TESTED RECIPES (Illustrated with half-tone engravings of prepared dishes) | Janet M. Hill and Mary D. Chambers | 513 |
| MENUS FOR WEEK IN FEBRUARY . . . . . | | 522 |
| MENUS FOR SPECIAL OCCASIONS. . . . . | | 523 |
| MENU-MAKING AND TABLE SERVICE . . | Ethel V. Antes | 524 |
| SOUP-MAKING IN FRENCH KITCHENS . . . | Kurt Heppe | 525 |
| HOME IDEAS AND ECONOMIES: — Candlemas Day — A George Washington Party — Cooking with Sour Cream — Household Lubrication — Chicken Fat for Pie Crust . . . . . | | 528 |
| QUERIES AND ANSWERS . . . . . | | 532 |
| THE SILVER LINING . . . . . | | 538 |
| MISCELLANEOUS . . . . . | | 542 |




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*"The Salt of the Earth"*

MORTON SALT COMPANY
CHICAGO



*When it rains*
IT POURS

# INDEX FOR FEBRUARY


| | PAGE |
|---|---|
| Editorials | 510 |
| Food Hygiene | 507 |
| Home Ideas and Economies | 528 |
| Housekeeper in Tokyo, The | 501 |
| Joyous Turnover, The | 509 |
| Magician's Daughter, The | 497 |
| Marketing in the Philippines | 504 |
| Menu-Making and Table Service | 524 |
| Menus | 522 523 |
| Miscellaneous | 542 |
| One Week in Winter | 491 |
| Silver Lining, The | 538 |
| Soup-Making in French Kitchens | 525 |


## SEASONABLE-AND-TESTED RECIPES


| | | | |
|---|---|---|---|
| Cake, Chocolate Fudge. Ill. | 520 | Lamb, Crown Roast of. Ill. | 513 |
| Cake, Coffee. Ill. | 516 | Macaroons, Chocolate | 517 |
| Chicken, Breast of, with Mushrooms. Ill. | 516 | Oysters Terrapin | 516 |
| Chicken, Creamed in Bread Baskets | 516 | Pie, Chicken-and-Oyster. Ill. | 514 |
| Cookies cut with Fancy Cutters. Ill. | 519 | Pie, Potato-and-Liver | 514 |
| Cream, Chocolate Macaroon Bavarian. Ill. | 518 | Potatoes Anna. Ill. | 514 |
| Cup, Pineapple-and-Marshmallow. Ill. | 520 | Potatoes, Baked, Paprika. Ill. | 517 |
| Custard, Boiled, with Snow Eggs. Ill. | 519 | Snow Eggs | 519 |
| Custard, Steamed Coffee | 521 | Soufflé, Orange | 521 |
| Fish, Baked in Rolls. Ill. | 515 | Soup, Bean-and-Tomato | 513 |
| Fish, Baked, with Stuffing | 515 | Soup, Ham | 513 |
| Gingerbread, Cream | 521 | Sweetbreads, Orange | 521 |
| Gingerbread, Sour Milk | 521 | Tapioca, Orange | 521 |

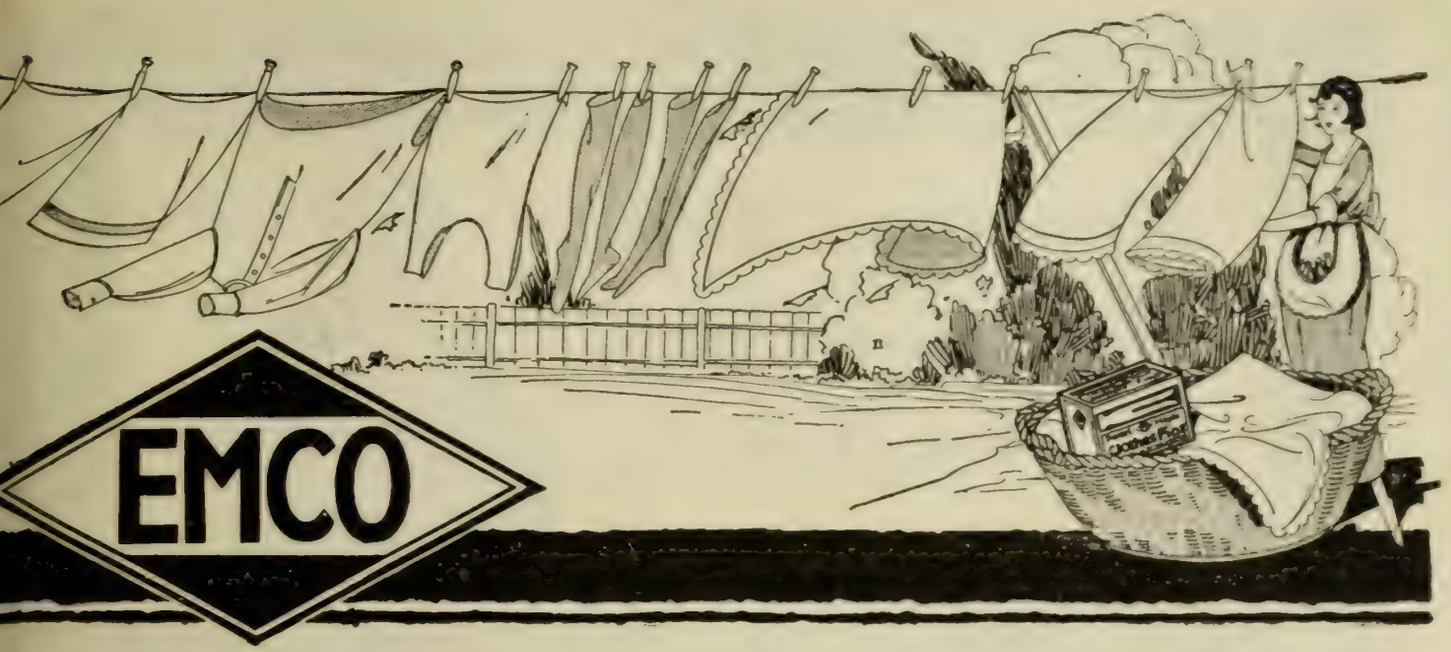

## QUERIES AND ANSWERS


| | | | |
|---|---|---|---|
| Cakes, Cheese | 532 | Ducks, Yorkshire | 536 |
| Soda, Baking, in Cooking Vegetables and Fruits | 534 | Timbales, How to Cook | 536 |
| | | Wafers, Rolled Almond | 536 |



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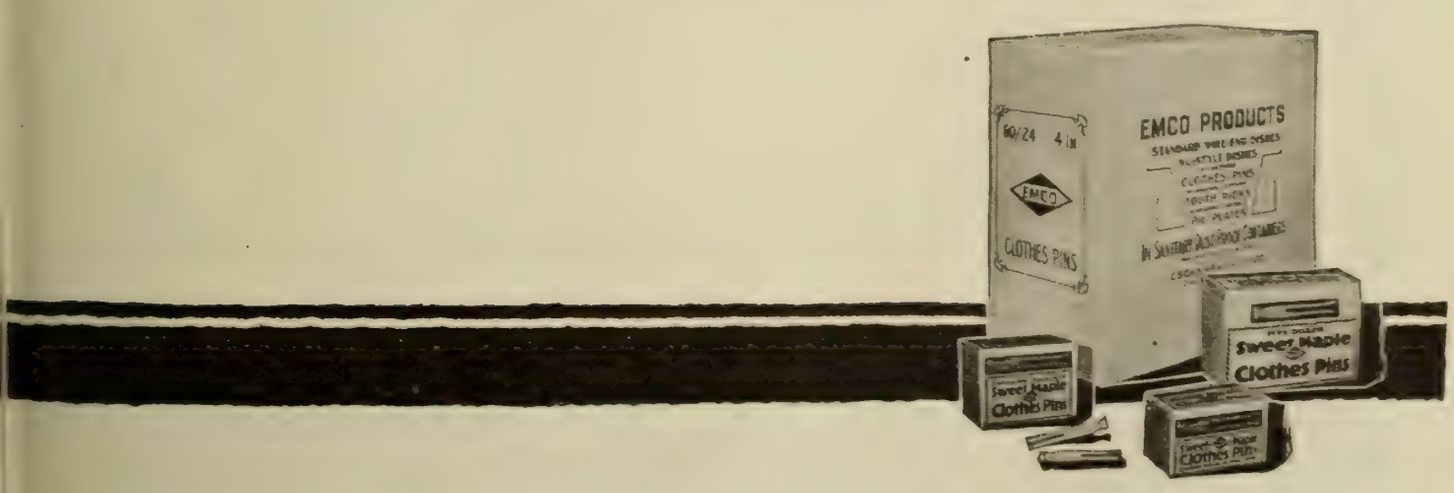
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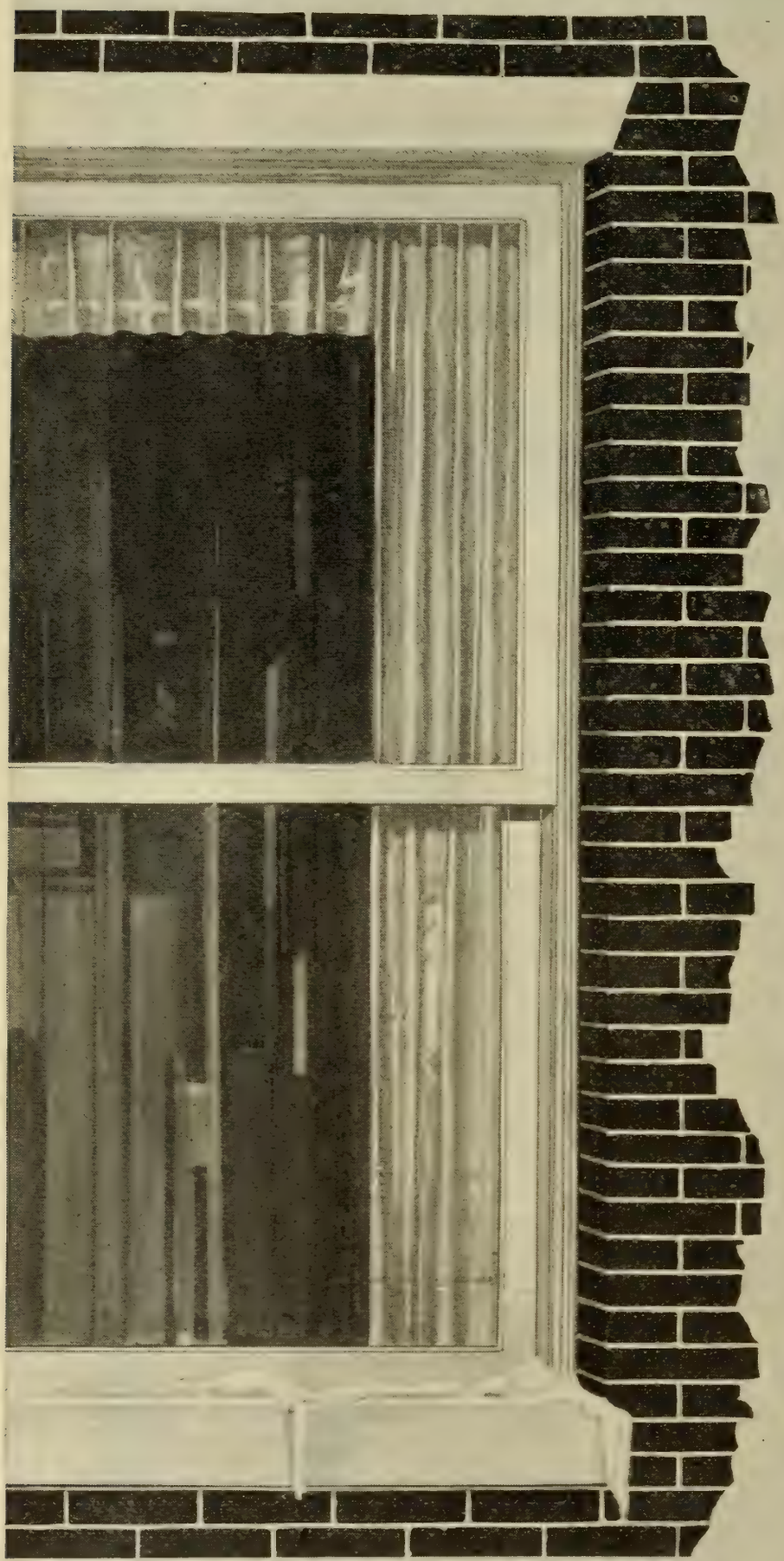
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Until the white-capped dwellings of the town
Resemble ghostly islets through the rifts
Of fleecy, sun-kissed clouds Apollo lifts!

*Caroline L. Sumner.*



A TABLE FOR ST. VALENTINE'S DAY

# American Cookery

VOL. XXIV FEBRUARY No. 7

## One Week in Winter

By Beulah Rector

Photographs by Mr. R. E. Schouler

TRAVELING bag, suitcase, shawl-strap bulging with sweaters, snowshoes, grouped themselves about me on the floor. I regarded them — one minute — and called a taxicab.

When Henry Thoreau found that the mat which a neighbor had given him would demand sweeping he settled all by pitching the bit of carpet out of his cabin window. How Thoreau would have scorned my encumbering possessions!

If the Walrus and the Carpenter in their historic walk along the sandy beach could not do with more than four, to give a hand to each, then what could I expect who was half as well equipped? But more than having a limited carrying capacity, I had promised Cornelia to be at the boat on time. There were forty-five minutes before sailing. I dare not conduct myself thither. Only yesterday Cornelia reminded me of the last time I had made the trip, when I had put myself aboard a Sixth Avenue Elevated instead of a Ninth Avenue Elevated, arriving in time — in time to see that most hopeless of sights, — a steamer slowly, determinedly puffing her way out the harbor, with no gang-plank long enough, and no deckhand skillful enough to bridge the distance from smelly pier to the side once so ready to receive you.

It is that picture which will always send me to the telephone for a taxi.

The driver thought we could just about make Pier 39. Though the traffic, he added, was heavy at that hour of day.

The nearer the less polite sections of town we drew, the more evident the thaw: slush, dirty snow, cracked ice, the muddy cakings of early winter deposits. I thought I had paid for a seat in that taxi, but I wasn't in it much of the time I had an uncomfortable feeling that this travel onward through the slush as well as upward over the ice mounds was sending up the taxi meter. How can any but the very rich enjoy a ride in a taxi when at calculating intervals comes a grim click, and you see recorded before your eyes the rate at which your fortune is being diminished? How came it that taxi owners did not face their registers in the opposite direction, as the hotel waiter has learned to do with his bill?

I decided to jump out.

But the gutters were brimming. There was nowhere to step. As we slid down Madison Avenue I had settled back, thinking I would ask him to drive me straight on to Providence. But I changed my mind.

As I descended from the expensive chariot, a little girl cast one glance at the snowshoes and giggled ostentatiously behind her hand, "She thinks it's going to snow."

And then five minutes before the call rang out, "All ashore that's going ashore," I saw the ends of a pair of skis coming around the corner. Behind them panted Cornelia.

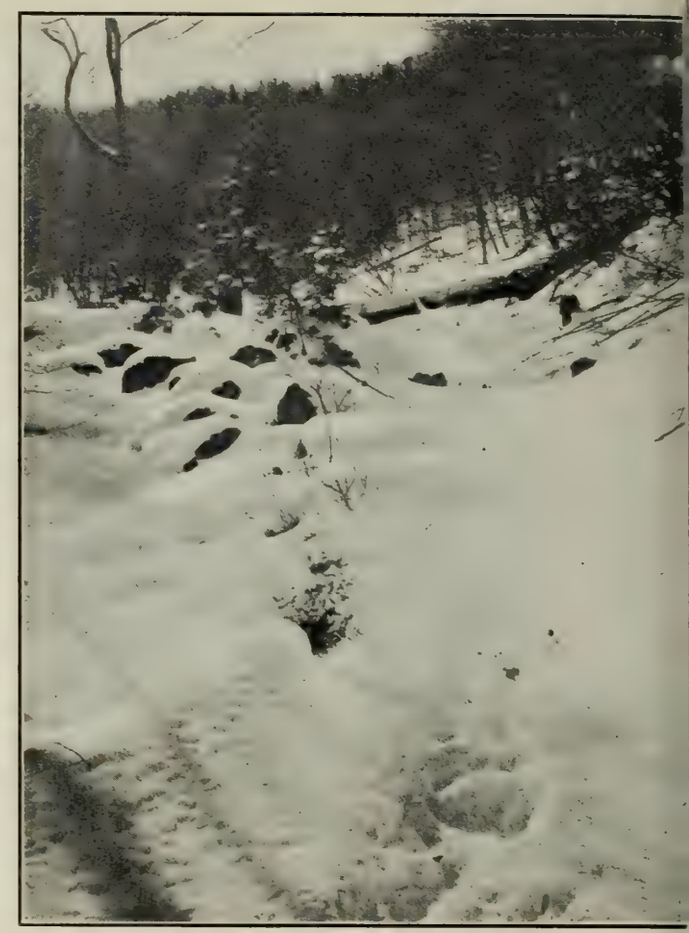
Possibly she had met the same little girl as I. "Say," she blurted out, "I feel downright silly carrying skis on a day like this." She passed a handkerchief over her face and straightened her

hat. "But anyhow," she argued, "if it hadn't been for them I'd never have gotten here on time. They were going to start the subway train, but the guard saw the skis coming and he had to wait till I caught up with them before he could close the door. And he had to give me time to get out or he'd catch my tails as I was leaving."

"Well, we're on the way," I clutched Cornelia's arm in joy. "On the way to Tramworth. What do you suppose the dear old place is like in winter?"

"Yes, we're so far on our way. It's a long way to go, of course, but we're going on the boat as the government has urged."

And boat travel wasn't so bad. True, the victrola just outside our door was demanding most of the night, "Where do we go from here, boys, where do we go from here?" And forty little sailor boys en route for radio school, in forty little blue flannel suits, with forty little blue gingham bags of well-sifted possessions, were answering the victrola with forty young voices.



WOODLANDS WITH WHITE CRUST GLISTENING IN THE MOONLIGHT



THINLY COVERED FIELDS WHERE WEEDS POKED THROUGH

Then once during the night the boat started to turn over on her back. This alarmed the skis and they tried to get into bed with us.

In Boston there was only a thin covering of snow, a patched and soiled blanket. We needed the assurance of Mrs. Hasbrook's letter. "Four feet of snow on the level and that was but three days ago," I encouraged. "It can't all be gone by now."

Our train began to climb, — from fields where even the shortest weeds poked through, to stretches where only stumps showed above, to dusky woodlands where, when we had breathed on the frosty pane, we could discern thick spruces and white crust glistening in the moonlight. Even with the glass between us we caught something of the winter wonder.

"Oh," I breathed to Cornelia, "we're going to have a wonderful time."

We were to know Tramworth as her home folks. What kind of acquaintance was this that suddenly broke off with the freezing of the lakes in November till the going out of the ice in April? True, we knew the June, July, August, September Tramworth. But we wanted more than a green and gold and purple memory of her. More than the still greenness of her June when grasses are high, foliage heavy, brooks full, more than the drowsy July, song of insect, hot smell of blackberry blossoms, haze in the valley, cobwebs on the grass in the mornings. We had responded to the heady, electric autumn of her; thistles on the hills, thistledown far out on the ponds, pumpkins in the fields, maples reddening by the swamps, apples fragrant in the orchards, blue jays screaming at their chestnut plunder.

The train was slowing up. We were about to step into this fifteen-degrees-below-zero-world. Something for the wildest imagination to conjure up we had thought it. Why, it wasn't so different. Boston's damp, icy blast off the Bay was chillier. This was merely clear and light and very straightforwardly cold.

We discovered Robert Hasbrook waiting for us. A knitted toboggan cap was drawn well over his ears, he was heavily mittened. His kerosene can wore a frozen potato on its nose.

No bareheaded village boys are playing baseball in the road to-night. No coatless postmaster tosses the mail bag aboard the outgoing train.

The snow crunches dryly under our feet. The nobility of a winter night in the country! The curving upward road, the hills with their dark tracings of woods. The elm a great bouquet, her long branches swaying slowly. The high, piercing stars, the polished crust.

Ruts made by sleds and sleighs are waxen smooth. A roller has pounded the snow in the road.

"Why, Robert," we exclaim, "it isn't so deep!"

He laughs. "If you should step out there," he points to the side of the road, "you would sink to your waist."

"Why, I guess we would." The mail boxes that once reached the rural delivery man's hand when he drove up in his buggy are now like timid bird houses peeking out on a level with the drifts.

Is it to be wondered that the lack of



WHAT KIND OF ACQUAINTANCE WAS THIS THAT WAS BROKEN OFF WITH THE FREEZING OF NOVEMBER TO THE GOING OUT OF THE ICE IN APRIL?

winter drives the country boy back from the city's dirty snow? "It was not the summer heat that drove the country boy from New York," says Walter Pritchard Eaton, "it was the snowless winter. Winter without the dramatic entrance of the storm, winter without the happy ending of silver brooks alive in every road."

The summer houses are boarded tight. Shutters say plainly no one is at home.

And then comes the red house. I like them so. White in summer when the maples stand a shady green at the front, but red and warm in winter when the ground is white and the winds cold. We hail the roof, as has many another wayfarer, for

> "The only reason a road is good, as every wanderer knows,
> Is just because of the homes, the homes, the homes to which it goes."

A warmth of lamplight streams from the sitting room window. Mrs. Hasbrook stands in the doorway with a welcome as round and jolly as herself, and an honest glow to her greeting like that in the light she carries. There is the fragrance of steaming supper. Fluffy biscuits, maple syrup from the pasture trees, home-made sausage, and mince pie made from the heart of the little pig which grew up on the farm last summer. Who could refuse even a little pig's heart, — beneath a crust, to be sure, — but when you reach it, oh very tender!



THE CURVING, UPWARD ROAD; THE HILLS WITH THEIR DARK TRACINGS OF WOODS

In the night the thermometer drops. We know its summer capabilities, and now we are to learn what it can do below the zero mark in Tramworth.

We open the window and dash under the covers. In the morning we draw lots to see who will close it, then scamper to the sitting room and dress near the fire.

Through the frosted panes we can see enough of the outside world to be very confident we should like to see much more. Getting ready to go out is an arduous process. Three pairs of woolen socks, two sweaters, the lacing of mocassins, the tying of snowshoes. Rover, the big Newfoundland, wants to go with us. He wags his tail and crowds close against us as we open the door, determined to be included in this expedition. Has he not always followed in summer? Has he not kept watch while we climbed brush piles after raspberries, and showed us many a woodchuck hole? Has he not sat panting for hours under a chokecherry bush waiting for me to fill up that last quart of wild strawberries which was too much for the patience of the other berry pickers? "Why, of course, Rover, come on."

The swamp where the wild azaleas grow in June, the stone walls, the brook are no hindrances to us now. Water will not wet this weather and fences cannot make us climb. We have only to step across them. (Short cuts are possible in every direction). Next summer when you prevent us from various short cuts we shall remember how slight obstacles you are — take you in the right season. It reminds you of those little towns along the Saguenay River which can be easily reached across the ice in winter, but when the summer comes and the tides in the fiords are treacherous, one must climb

high mountains at the back in order to make the journey from one to the other.

The snow blows dryly from stone walls. Here under the apple trees it has been trampled by deer. The back road through the woods is a registry of other four-footed travelers. A fox has passed. A rabbit has scurried. To that side are the leaping tracks of a great Northern hare. Here a tiny field mouse has taken his way drawing the thin thread of his tail in the snow behind him.

Was the back road ever lovelier? The evergreens are like Christmas trees laden with huge white packages. Birches stand with their heads bent to the ground as if the call had come to prayer.

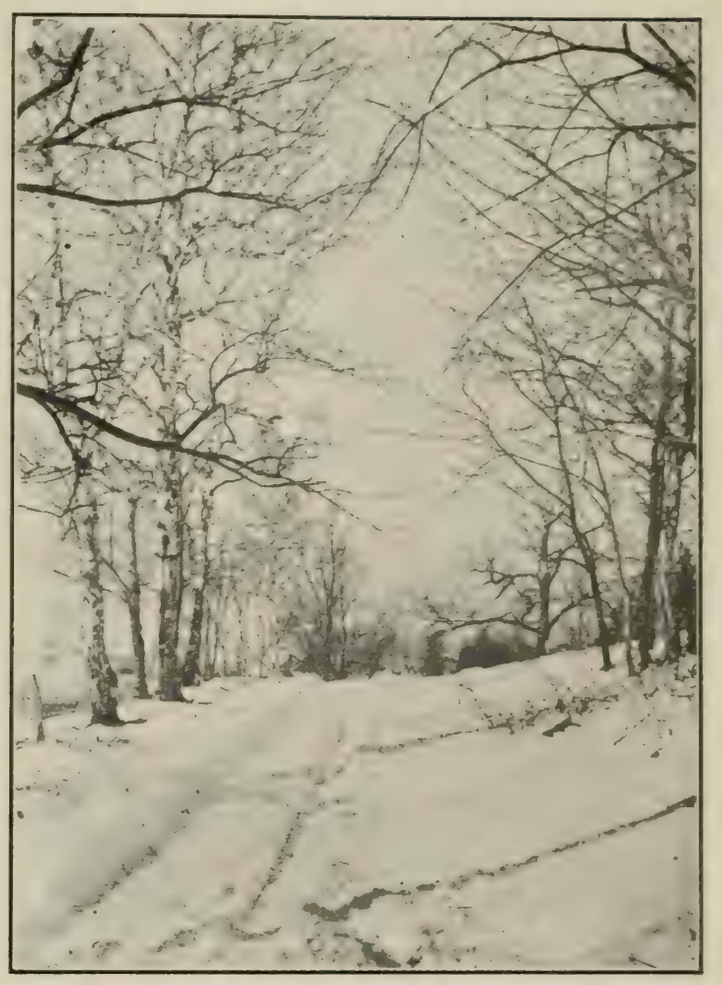
The late afternoon train goes crashing through the valley. The sound is held in between the hills. The train is now the most important connection between village and outside world. It brings news of the station agent's son who is studying this winter at business college. Mrs. Peterson learns (through the needlework magazine that the train brings to her) the latest in crochet edges. Around the fire in the village store will be discussed the possibilities of a drop in prices, based on the late investigation.

The scarf of the engine's smoke floats on the wind behind her until it is caught on a tree and torn away.

Already in the sky there is sunset coloring. We are miles from the red house. Soon Mrs. Hasbrook will be putting the dishes on the table and looking over the swing shelf in the cellar for the jar of fruit that will most please her guests. And then the sky grows brighter. See the crust now! Talk of winter jewels! Diamonds in the sunlight, opals in the sunset.

We wave to Grandpa Willard as we start past the house. But that is not enough. We must come in. The old gentleman closes the door tight behind us to keep out every hint of the cold from which, however, we have emerged warm and ruddy.

" 'Tain't July yet," he shakes his



THE ONLY REASON A ROAD IS GOOD, AS EVERY WANDERER KNOWS,
IS JUST BECAUSE OF THE HOMES, THE HOMES,
THE HOMES TO WHICH IT GOES."

head. "Now what I can't make out is why you city people should leave your furnaces and your running water to come up here in this season. Tramworth's purty well in summer, but it's wicked cold in winter."

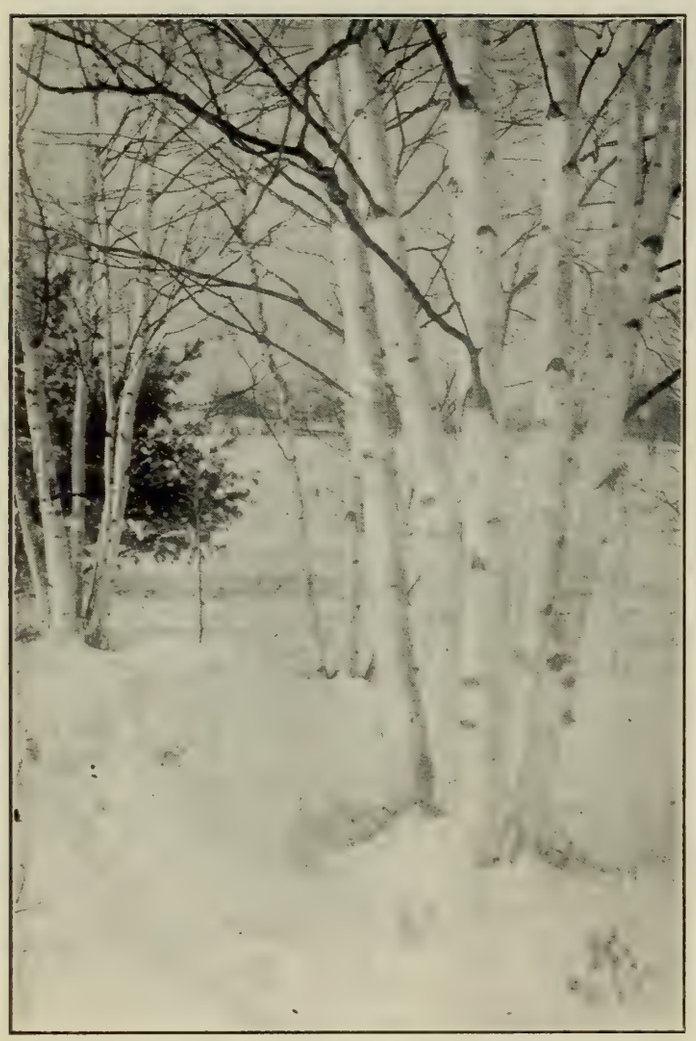
There is a boom from the pond. It is the lusty shout of ice.

Rover wags behind. The first are now last and the last first.

In the lamplight after supper Mrs. Hasbrook braids rugs, some one reads aloud, the rest of us fold Red Cross bandages.

On the top of the high cupboard sits the white Angora, her eyes tightly shut, her tail wrapped gracefully around her toes, always properly together.

Robert Hasbrook has a sudden fancy for some ice-cream. From his mother's pans of milk he dips off the choicest cream. He adds sugar to the richness. Even the fastidious Angelina looks down, her pink nose showing a mild, patrician



SHORT CUTS ARE POSSIBLE

interest in this performance. Out in the snowbank goes the yellow bowl and up from the fruit cellar comes a jar of wild strawberry preserves. . . . Frozen yellow cream and wild strawberries poured over the top. Oh, my! I cannot go on!

From the sill outside another pair of eyes than Angelina's gleams.

"Which one of the seven is that?" Cornelia startles.

"That's Muzzer."

"Muzzer!" we exclaim in a single breath. "The Muzzer you loaned us last summer? The Muzzer who spent the first day in the attic, and the second trying to escape by way of the chimney, and the third, — when the boys were chasing each other round the sitting room, — spread flat on her stomach and shot out the door?"

"Yes, that's the one. She never came back till the snow was three feet deep, and she's so wild we can do nothing with her."

Her coat is rough. There is a barbaric gleam in her eye.

A day gone, a night gone. Still, the thermometer falls. Robert announces the temperature as we come in to breakfast. "The cows are all huddled together, but the little pig's ears aren't frozen yet."

At the opening of the kitchen door, Rover and the cats peek wistfully into the snug dining-room. But only the Angora of royal birth is permitted to enter. Fine, easy manners Angelina undoubtedly has, but here is gentility lacking vigorous vitality. On the other side of the door is the sturdier race.

We are just becoming proficient enough with the skis so that when one slides the length of the orchard she can manage to go down on the other without sinking to her knees in snow. What thrilling trips over the walls to the wood's edge! Why, if we stayed longer, we might even learn to jump!

But we remember that the "biggest fish was the one we never caught," and the "sweetest kiss the one that was never given." This leaving before we are al-



WE ARE GLAD TO SEE THE SMOKE FROM THE HASBROOKS' CHIMNEY

together ready is a little like getting up from the table "while it still tastes good."

Yet last mornings have ever come too soon in Tramworth, — be it summer or winter. You are prone to long thoughts. Over your oatmeal you look away across the snowy fields. "In New York," you tell yourself, "there will be no such sight as this." And months must pass before you see these mountains whence so much of our health has come. But, really, you are not attending to your breakfast. . . . Last things must go into the bags. "Are the snowshoes tied?" "Where is the sweater yet to go into the shawlstrap?" There is not time for sad indulgences. "We don't want to hurry you, but the cutter———"

There are hasty "good-bys" and "thank you's," and hand wavings until the cutter's runners dip in their smooth track below a hill that blots those wholesome faces from view.

Regretful to leave, — yes, always; but a little rosier in complexion and memory, a little stouter in body and purpose, we will go back to the city to work for more cake to be eaten another season in the country.

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# The Magician's Daughter

## By Elsie Spicer Eells

"H'M, John Ashmore's not the man I'd picked out for a son-in-law. You know that, Hope. He's a nice enough boy, though. You might do worse. He's the best manager I've had on my farm in years. I'll say that for him."

William Henderson, owner of Crystal Spring Farm, but better known as the head of the Chebago paper mill, bit his cigar savagely. His daughter, Hope, at the steering wheel of the big gray car, held her head high and did not glance in his direction.

Her father smiled a bit grimly as he glanced at her attractive profile. "I know you're the girl who'll select her husband herself. You look like your great-grandmother who prayed: 'Lord, help me to be always right. Thou knowest how hard it is to change my mind.' I'll not try to meddle in this. Jehoshaphat! Why shouldn't I give him my blessing if he doubles the farm profits next year? I'd give you my farm as a wedding present if you can get him to do that to soften my heart. . . . You know Fred Remington doubled the paper mill profits last year." His eyes twinkled slyly as he added this remark. It was easy to see who was William Henderson's choice as a son-in-law.

"Don't worry about your daughter throwing herself away," said Hope as she quickened the speed of the big gray car. "John wouldn't have been on your farm a single day if his war experience had not made outdoor life a necessity."

An hour later Hope reported her father's offer of a wedding present under the budding snow apple tree at the end of the farm lane.

"It isn't, John, that father is so mercenary as he sounds. The thing that really lies back of that remark of his is his love for this farm. It's his old home, you know. He's tried so hard to make it over into a model farm. He never worked so hard at anything else in the world. His efforts have never been crowned with any success, either. Some years he's actually run behind, I happen to know."

John Ashmore brushed a bit of mud from his brown corduroys. "Farm profits are hardly in proportion to the money and labor invested even yet.

Things are improving, though, —"

"A big success this year would mean so much to father, John. Do you suppose we can —"

Hope's "we" brought a look of reverent adoration to John's fine gray eyes.

"Father knows as well as I do that I'll pick out my own husband. But I do so want him to approve of you. You know I'm all he has now since mother died. We've been such pals, dad and I —"

The brown corduroy arm tightened about the shoulders of the pale green sweater.

"I wish I could help you win out, John. I've been taking some Spanish lessons this winter to make me forget my German. In the old Spanish folk-tale of 'The Magician's Daughter' the stern old magician commands the prince to plow up the mountain, sow it, reap the wheat, all in a single night, and make a little cake out of the flour for him to eat with his breakfast chocolate. The magician's daughter does all the work for her lover and the little cake is ready for her father in the morning. Wish I were like her!"

John Ashmore's face bore the look of a man whose vocabulary knew no such word as "fail." "We'll do our best at doubling the farm profits," he said as he squared his broad shoulders.

That spring every foot of the farm was prepared to produce its utmost. Even the old untilled swamp was made over into a mint bed. John worked early and late, for help was scarce. The Farm Bureau official pointed out Crystal Spring Farm as the model to all the farmers in his county.

One day as John drove the Ford into town he noticed that the old Bennett house, long vacant and dilapidated, was receiving a fresh coat of paint. It grew lovelier with each new errand to town. It was painted a soft cream color with pale green blinds which John loved to look at because they reminded him of Hope's favorite sweater. There was a roomy porch with green window-boxes full of ferns from the woods and gay geraniums. Green and white striped awnings, and dainty curtains were at the windows. The cottage was located at the cross-roads which commanded a wide sweep of tourist country; and, by the time the tourist season had opened, the broad, shady porch was full of cream white tables and chairs, and on the tables pale green Japanese dishes. Over the freshly painted gate there hung a sign, "The Cream House."

No, none knew better than John Ashmore the quality of cream served at "The Cream House." The business-like, brown-haired young woman in charge patronized Crystal Spring Farm for the cream and milk which made famous the ice-cream, the cream-cake, the cream-pie, the chicken with cream biscuits, the creamed potatoes of "The Cream House." Beside each pale green Japanese plate was served a pasteboard container, upon the lid of which there stood in green lettering the words, "Crystal Spring Farm. Creamy milk untouched by human hands." John washed the milking machine himself in order that Crystal Spring Farm should live up to its reputation for perfect spotlessness. The increase in the price of the milk thus served made John smile over his account book.

"How did you ever think of anything as clever as these little wax-paper-lined pasteboard milk containers?" John asked the brown-haired business-like young "Cream House" manager, Jane Penney.

"The idea wasn't mine at all," she replied as she pulled a stray weed from a window box. "The friend of mine who is a part owner of 'The Cream House' thought of it. She said that the people who like their handkerchiefs untouched by human hands when they buy them would appreciate buying good milk that way. Most of the bright ideas about this place are hers anyway. She is the one who furnishes the imagination which is

needed to make a place like this just right to appeal to the populace. I can furnish two strong hands and a little business sense, but I haven't a drop of imagination in my composition." John laughed as he said goodbye to the business-like, brown-haired, young manager, and to the pale green blinds which reminded him of Hope's sweater.

"That friend of yours is a friend of mine, all right," he said from the doorstep. "The profits of Crystal Spring Farm are increasing every time I fill 'The Cream House' milk order. I have a particular reason for wanting to make good this year, financially."

"So have we all of us," laughed the business-like young person as she lovingly watered the geraniums and ferns in the green window boxes.

One day when John came over the hill he discovered the Henderson car drawn up into the driveway at "The Cream House." He was surprised to find Hope chatting intimately on the porch with the manager, Jane Penney, while Mr. Henderson, still in the car, was lunching upon cream-pie from a pale green plate. "Looks almost human," commented John to the little Ford.

"I have to inspect this 'Cream House' once in a while myself," was Hope's remark to John as she ran back to the car, just as Mr. Henderson had finished the cream-pie. "It was your second piece, father, three wouldn't be good for you." Her foot was already on the starter. John watched the big gray car and Hope's green sweater out of sight before he remembered his errand at "The Cream House."

"Wish you'd keep the 'Cream House' open all winter," John remarked, as he ran up the porch steps, two steps at a time.

"One more glimpse of a green sweater is pleasant, isn't it?" said the business-like proprietor, demurely. "It is restful to the eye."

The color deepened in John's bronzed cheek. "Just as a matter of business, I mean, of course. I'm going to miss the extra profits when 'The Cream House' closes and I have to ship milk and cream for the old price. The extra profits on what you sell in these new containers amount to more than I dreamed it would in the beginning."

The bean crop that year was a total failure. The wet spring which had made wonderful pastures and such a hay crop as Crystal Spring Farm had never before produced was not favorable to beans. The soy beans planted with the corn were a success, but John had figured upon at least five hundred dollars profit from the big field of limas and red kidneys which he had planted in response to the world call for protein foods. It was a sober-faced John who pondered over his account books. This five hundred dollars was particularly needed to double the farm profits, and there seemed no way to figure without it. The winter wood cutting had been estimated already at its utmost limit, and the maple sugar making was figured upon the basis of an extra good sap year. John lay awake those sleep-inspiring, frosty fall nights pondering over ways to make the farm produce the extra five hundred dollars.

The manager of "The Cream House" noticed John's painfully glum appearance, but, as a tactful as well as business-like young person, she asked no questions. "The Cream House" was to close for the winter the next week. The manager was to take a vacation and then bring her mother back at Thanksgiving to spend the winter at "the Cream House."

"I'm going to live," she said, "on the profits of home-made cakes and candies shipped to all the customers I've secured this summer. If I could only ship cream pie my fortune would be made."

It was the very end of the tourist season and the milk profits were not as large. As John went to fill the order for the last day of the season Jane Penney ran to meet him with dancing eyes. "What do you suppose has happened, John Ashmore?" she cried ex-

citedly. "What celebrity do you suppose I've been entertaining to-day? Talk about Mohamet coming to the mountain! Your Mohamet as well as mine has been traveling these roads!"

"Fire away. I'm listening." John saluted and stood at attention.

"The owner and manager of the Hotel Hastoria, up at the capital, has been a guest at 'The Cream House' this very day. It's Mr. Hastings, you know. He ate so much of my humble culinary products that I thought he'd burst. Then he inquired if I did the cooking. I was scared to death, but I confessed that I did. Then what do you suppose he asked? He asked if I'd consider an offer for filling his order for cream cakes all winter. I'm not even going to get time for a vacation!"

"Congratulations!" cried John, as he shook her hand.

"John Ashmore, shake hands with yourself. I'm just coming to your part of Mohamet's visit. Mr. Hastings then inquired into the origin of the little milk containers and as to the situation and history of Crystal Spring Farm. I evidently gave a satisfactory report, for he decided that he had lingered so long at my table that he didn't have time enough to go over the hill in search of you. He is going to open a correspondence with you concerning the proposition of placing Crystal Spring Farm milk, untouched by human hands, before the frequenters of the Hotel Hastoria."

The look upon John Ashmore's face made swift tears spring to the eyes of the brown-haired, business-like young manager of "The Cream House." She went on, "Your humble servant had the presence of mind to ask the chauffeur where they were to stop for the night, and when they expected to arrive there. Don't let Mr. Hastings forget about starting that correspondence. Sit down at my desk and call him up by long distance telephone. There's no time like the present. If they've had a good trip, he's had time to eat all that will be good for him after his little meal at 'The Cream House.' He'll have finished his cigar by now and will be just in a mood to have a little chat with you."

"Luck is not with me these days to that extent. He's probably had so many blowouts that he hasn't arrived yet. Maybe they've even skidded over the embankment on the Okono Mountain Road and rolled down hill into the river." Nevertheless John Ashmore seated himself at the little cream-colored desk and took down the telephone receiver.

When John Ashmore hung up the receiver again he did it with the air of a conquering general. "The correspondence will begin at once. I'll get my contract on the noon mail tomorrow. You never could guess the price the man is offering and the quantity he wants!"

There was a most maternal look in the brown eyes of the business-like young manager as she watched John crank the Ford. "Hope Henderson ought to be the happiest girl in the world," she whispered to the green window boxes, as she covered them from the frost. "She deserves all the good things, too, which life can bring her."

The big gray car next morning followed close upon the heels of the rural mail carrier's black horse. John and the contract from Mr. Hastings were to be found under the snow apple tree, at the end of the lane, and Hope speedily did the finding. When she heard the story of the total bean failure, with which John began, she lived over again his dark days. John drew her close then, and held the contract from Mr. Hastings before her dazed eyes. "Cheer up, that means a good, wide margin above our double profits. I haven't got to worry too hard about the wood cutting and the sugar making!"

Hope, leaning cosily against John's rough mackinaw-covered shoulder, staged the interview with her father. That evening, when he was sitting before the open fire in the old fireplace he had loved as a boy, John and Hope would steal up

behind him with the offer from Mr. Hastings and the farm account books. "My luck in life seems to have turned this year. I'm almost stunned," remarked John.

"I can't complain over my share of the profits of 'The Cream House' either," twinkled Hope as she lovingly fingered the long official envelope with Hotel Hastoria on the corner.

"What do you mean?" gasped John in amazement. "You aren't connected with 'The Cream House,' are you?"

"If being the beginning of it isn't being connected with it, tell me what is!" laughed Hope. "Don't you remember that Spanish folk-tale of the Magician's Daughter? Do you think I'd allow any Spanish folk-tale person to beat Hope Henderson when it came to, at least, making an effort to help her man meet a difficult proposition? You little know the scheming person who has gotten herself engaged to you, John Ashmore."

"I don't understand yet. Hope Henderson, I'll pick you up and shake you if you don't tell me what you're driving at, and tell me *instanter*," and John seized Hope's sweater-covered plump shoulders with two firm hands.

Hope viewed the firm hands with a grimace. "Go ahead, cave man."

"Go ahead yourself, Miss Henderson, please." Hope twisted her head to deposit a tiny kiss upon the firm wrist. Then she proceeded. "I have a little money of my own which mother left me when she died. While I was lying awake nights trying to think of a way to be a Magician's daughter to my prince, I met my old school friend, Jane Penney. Jane was crazy to drop teaching and go into a tea-room. She asked me if I'd ever happened upon any suitable sites for a new tea-room in any of my auto wanderings. I thought of the old Bennett place at once, and the rest has been easy. Jane is making so much she'll soon get my money all paid back. She'll be a pleasant neighbor, too, when I'm living at Crystal Spring Farm."

"Talk about the doings of Magician's daughters," cried John Ashmore, as he held Hope tight.

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# The Housekeeper in Tokyo

## THE BLUE BUNDLE

### By Emily Kennedy

ONE of the most amusing and diverting things that occur to break the monotony of every-day life in Tokyo is a visit from our friend the curio-man. There are very few foreigners living in Japan who are not collectors of Oriental ware of one sort or another.

For one, it may be old "Blue and white," for another, old lacquer, or old ivories, or quaint teakettles, or temple candlesticks, or old brocades. Or it may be inros, those series of fascinating and beautiful little medicine boxes all fitted perfectly together and hung on a silken cord. Or it may be what is called "Sword Furniture" — the gold or silver or bronze guards and ornaments from old swords. Or, perhaps, it is that craze at present most dangerous of all to the pocket-book — Japanese color prints.

Whatever it is that appeals to the collector, he or she is always looking for the most perfect specimen of its kind. Any day in some old shop or out of some curio-man's bundle it may appear to his delighted gaze.

There is all the joy of anticipation and uncertainty, and of rivalry, too.

"Where did you find it, and how much did you have to pay for it?" we demand unblushingly of one another, looking the coveted object over critically for flaws.

"Who brought it to you? Not that wretch Yamamoto? And he knows I have been looking for just such a one for years!"

Each has his own friends among the curio-men, who bear in mind the fact that Danna-San (the master) collects old netsukes, those quaintly carved buttons that hang from the purse and pipe-case, and that Okusan (the mistress) has a special fondness for Old Blue and White Imari Porcelain.

When on his rounds he discovers a fine netsuke, of a gloss and polish which comes only from many years of handling and constant use, he acquires it and lays it aside. Or when he receives from the country a porcelain boat of beautiful blue, of perfect glaze and rare design, it is not put out among the other objects displayed for sale in his shop. Not for the ignorant stray tourist is such a treasure, though he might willingly pay three times its value. But in its own wrappings, in its own little neat wooden box, it is hidden away in one of those cupboards with sliding doors (which happen, here and there, in his abode) awaiting a convenient season.

Then one day, just after lunch, when it is a question of work or golf, bandages or afternoon siesta, a soft voice announces: "Yamamoto-San."

"Oh, very well," you answer, "tell him to come in; tell him I haven't any money today, but I will see what he has brought."

Within a few minutes there is a gentle tap at the door, and answering your summons a tall, gaunt figure appears, or so he would appear if he were ever upright in your presence; but he comes bowing at every step and weighed down by a huge bundle on his back, which from its size might contain a full-grown sewing-machine or several small tables, all wrapped with great neatness and exactness in a dull blue wrapping cloth, known as a "furushiki."

He emerges from the doorway two steps, puts his bundle down, drops upon his knees, and, putting his forehead to the floor several times, he salutes you with indrawn breath, and thanks you for all your past patronage and favors.

You say it amounts to nothing and greet him with a smile.

Ah yes, you smile. You cannot help it, for never since the days when at dawn you snatched your Christmas stocking from its nail by the chimney piece and scuttled into bed to investigate its fascinating contents, have you felt such a thrill of anticipation.

The sight of that blue bundle with its humps and excrescences, its square corners appearing under its thick wrapping, here and there, excites your curiosity. You are impatient to see its contents, but you talk about the weather.

"Yes, this wind and dust is very dangerous in Tokyo." Or you are expecting a friend soon from America. She is very fond of curios. He must find some good things for her, etc. You prolong that moment, for until the bundle is untied, who knows but there may be something there you could not possibly live without? When the long slender hand unties the knot, you discover that the secret is still unrevealed, for every object has its own separate furushiki and box. The neatness and patience of the Japanese!

One by one the boxes are opened and the treasures set before you.

There is a carved and lacquered Buddha, seated on a lotus in a lacquered shrine. There is a bronze incense-burner, some temple candlesticks, and an exquisite Chinese five-color porcelain bowl. There are some brocades, and some prints, and, last of all, there is the old blue and white Imari boat, that sees the light of day in Tokyo for the first time, sitting proudly on top of its own box, and the two or three rare netsukes, each signed by the master who carved it long ago. You admire the Buddha, you say the gold lacquer has turned a most lovely soft color with age. You put it down reluctantly. You wonder if Mr. W. would

like the candlesticks, they are such nice ones, and he is making a collection. Yamamoto does not know Mr. W. You give him a card and on it you write: "This is Yamamoto-San, an old friend of mine; he is honest, and very reasonable in his prices; he has some fine candlesticks."

You look at the five-color bowl and wish that you were rich or that these were not war-times. All curio-men like to have their things admired, but in the end you buy the old blue boat, and Danna-San gets the netsukes. Danna-San drives a hard bargain, and for that reason Yamamoto always puts up the price a wee bit for him in the beginning in order to come down and leave him with a comfortable feeling of having bought at his own figure. The bargaining between them is usually like this:

Danna-San picks up the best of the netsukes, having first examined them all very carefully. This one is a carving of a little man seated on a flat-nosed fish, trying bravely to hold him down, and represents Diplomacy. "How much are you asking for this very poor old bone thing?" he demands with a grin. Yamamoto grins also and says the netsuke is real ivory, of very best carving and workmanship, very very old, and too cheap — "only six yen."

Danna-San could not think of giving more than five (which is the real price), and after much more conversation he gets it at that, or he puts them all together in one lot and gets three yen reduction, and everybody is happy and satisfied.

Each thing is then carefully wrapped and all tied up again in the blue cloth, and before it is lifted, Yamamoto puts his forehead to the floor three times, drawing in his breath, while you thank him for having brought the boat you have wanted for so long. Then with many bows, and smiles, and "arigatoes" (Thank you), and "sayonaras" (Goodbye), he backs through the door, and vanishes from view.

Alas! There are but few Yamamotos left — like the old-time darkey, he is of a type that is fast disappearing. His fine manners, his ready smile, his interest, his knowledge of his wares and of human nature, his sense of humor, and his real worth and dignity combine to make him a personality who will be long and gratefully remembered.

## Love at the Door

Love at the door of life, we know
  That the Shining Hills are far,
And long is the road and gray the miles
  To the vales where the true dreams are.

Dim are the Shining Hills, and long
  Is the way your feet must tread,
But that is the road that Love must go
  When all we can say is said.

So go, O Love at the door of life,
  Lest Love should no longer wait!
At the end of the road you two shall stand
  At last at a home and gate!

*Arthur Wallace Peach.*

# Marketing in the Philippines

From the Diary of an Army Woman

By Kathleen Tyndall

EIGHT o'clock, of a spring morning, breakfast was over, the kitchen cool and dark, and across the Parade I could see our incomparable Chinese cook market bound. At the same hour each morning, except, of course, in the rainy season, he set out, a comfortable looking figure in his loose black pantaloons, dark blue linen coat hanging quite down to his knees, a shapeless and ancient black felt hat topping off his fat, kindly face, an umbrella, remarkable for use and not for beauty, held over his head and a basket swung in the crook of his arm.

The market, a small native affair, and only patronized by Lee from the Post, was somewhere in the tiny barrio of Sepang Bato which the soldiers, and for very good reasons, all unanimously called "Sloppy bottom." We often had very good fish and crabs from this market, fruit and very rarely vegetables. The native women in their picturesque costumes came by with fruit in large flat baskets, mangoes, a wonderful lemon, yellow on the outside and melted gold within. Mangoes were always expensive, for not only was the season short, but they were a fruit fit for a feast of the gods and much desired. Small native oranges were also somewhat rare and always expensive for that time and place, being seventy-five or eighty centavos a dozen, or from 35 to 40 cents gold. Several times a week the chicken man came by, walking miles from the market town of Angeles, his baskets, round wicker affairs, hanging one at each end of a long bamboo pole, which he balanced over his shoulders. The chickens are smaller than American chickens and skinnier and seem even to taste less "chickeny" than ours; however, one can or could buy a half dozen for three pesos, one dollar and a half. Buying from the native is an art; first the chicken vender after we, Lee and I, had chosen our "manocks" would name a price, whereupon Lee would throw up his hands and scream, literally, after which preliminaries they would each give their respective trousers a hitch and squat down to a bargaining wrangle. After half an hour, the vendor going down a few centavos and Lee going up a notch or two, the bargain would be struck and the spoils ours. Often I have heard one or the other go off boasting that he had come down or gone up ten centavos, five cents, after all this arguing. Truly time is made for fools in the tropics.

Sometimes the vendor would bring ducks, sometimes a turkey and then again reed birds, tiny birds found near rice paddies, which the natives catch in snares and bring to your door alive; these I have often bought by the half-dozen for fifty centavos, making a most delicious meal for a quarter.

Quite near us, perhaps three-quarters of a mile away, a Japanese had started a garden, a rather young enterprise and therefore limited. With a long, sharp knife he would cut down the bunches of bananas, the entire bunch, which, after surveying all on the tree, one decided upon, and deliver it to your wagon for seventy-five cents gold. There are, as every one knows, bananas and bananas. The Philippine banana is shorter and thicker than the ones we know, the red banana being much in favor and the Lacatan considered the king of the species. Bananas sold at about ten centavos a dozen. Eggs, small things, always sold at fifty centavos a dozen. I had a woman who supplied me each

week and it was Lee's invariable delight to have a pan of water ready and try each one to see that not one was "malo."

Several miles away the large native town of Angeles, pronounced, of course, in the Spanish way, boasted a large native market. Once in a while several women would band together and induce the Quartermaster to let us have a Daugherty wagon and four mules, whereupon, with a teamster with his long black whip curling up in the air, we would set forth. The roads were utterly beyond description and I'm sure I've heard the Missouri mules sigh, gusty sighs, on certain stretches that seemed just too awful, but then thinking doubtless "it can be done" they'd give a pull and away we'd go. Just before getting into the town there had grown up over the trees and fences a wonderful buginvillæa vine with its purple, papery looking blossoms, the only bit of beauty I ever saw in the place. The market, a very large one, was, at first, a bit overpowering as to smells, but one grew hardened to that. In a large open space, roofed, but not walled in, the wares were spread broadcast with their attendants squatted beside them. Cabbages were always very expensive, selling for never less than thirty-five or forty cents gold; limes wonderfully juicy and thin-skinned, were always to be had for fifteen centavos a dozen, seven and a half cents American money. Camotes, sweet potatoes, though very small, were always good and very cheap. The native egg-plants are delicious, in color the same as ours, but instead of being pear-shaped they are long and narrow, about as long as a banana but not so thick; these sold for about a centavo or two apiece. Ochre, green peppers, tomatoes and, once in a while, young yellow corn, were all to be had at a very low figure. Pomeloes, the Philippine grape-fruit, are very dry, large, thick skinned, and not to be eaten as fruit, but they make an excellent salad. Papayas, long, yellow, pear-shaped fruit, are excellent, served very cold for breakfast with a dash of lemon to give them piquancy; also they are much used in salads and ice cream, though they are rather lacking in taste. I have, while dining out, eaten ice cream made of bread fruit and from chicos, the latter a small brown fruit about the size of a lime and selling for almost nothing. Papayas are usually about five centavos apiece or, perhaps, ten. Lettuce, of course, one does not eat in the Philippines, as the germ of enebic dysentery seems to thrive in it. I have been told by a surgeon that lettuce, even grown under glass as an experiment, has been found to show the dreaded germ. Pineapples here do not compare with the Hawaiian pineapple, though it is always a joy to have one cut from the heart of the wonderful plant whose purples and rose colors are only to be found elsewhere in a sunset.

The natives, aside from selling raw fruits, vegetables, fowls on the roof, fish and crabs swimming in tubs of water, always have immense vessels of cooked "chow" on the fire. One particular mess I very well remember, fish I think from the smell being its principal ingredient, was a delicate looking pink which fairly writhed and made me fly from the spot. Ancient looking eggs and hair-raising sweet cake were offered up as great delicacies. Also, after a locust visitation, hundreds of them were to be seen in the markets selling at so much a quart. The natives, not all of them, for my house boy was insulted when I asked him if he liked locusts, pull off the legs and wings, and when cooked find them most delicate.

On the other side of the market there are dozens of booths where materials are sold, all the materials being displayed in plain view, the only place to sit being the floor. All shops in the Philippines use the Spanish meter or vara in preference to our yard measure; one never buys so many yards of material, but so many varas or meters. In this town there are many shops owned by Chinamen, looking much like rabbit warrens,

all in a row and only distinguished by numbers. Our favorite shop was 25, and here we bought green glass lamps, which with Japanese paper shades bought in Manila made effective looking lamps, kitchen utensils and even canned goods, native candles, thick as small bottles, and which burned forever.

Several of the Army women picked up some lovely old Spanish furniture for a song, a console table made of narra, the Philippine mahogany, four chairs of a most attractive pattern and a sofa that one could never forget. No one else ever found any, the people suddenly becoming adamant on selling, if they had any.

A small wizened man, looking much like a brown winter apple, Luis by name, came along one day with a screen, made of Suale with five panels, each panel with some painting of native life, though, of course, crudely done; it was most effective, the Filipina fruit-vendor with her basket of fruit, the boy with his milk bottles and different phases of native life were most attractive. Seeing my eye brighten, Luis said firmly five pesos, two-fifty gold, and meekly I handed it over without even a suggestion of a come-down. I was not sorry, for afterwards I saw many he had done, but none ever was quite so attractive or true to life as ours. From Luis I bought some mats with paintings on them for a few centavos, which I have had framed and which have been much admired.

Of course, we had the Commissary for the mainstays of life, frozen meat sent from Australia, very good and not to be compared with the meat prices of to-day. American or European cows do not thrive in the tropics, falling victims to tuberculosis or some tropical disease, so one gets only canned milk. Of all the brands the Bear Brand milk from Switzerland was the best and, after a time, one became accustomed to it. Through the Commissary one could order pilinuts, a native nut, by far the most delicious nut of any I've tasted. They are, when shelled, much like an almond in shape, much larger, richer and totally unlike in flavor. Pilinuts are very rich in oil, in fact, one can set a match to one and it will burn from end to end on account of its supply of oil. They do not take kindly to our climate and though some have brought back sacks of them, they must be used speedily or will spoil.

The first of every month the Indian merchants from India, who have numerous shops in Manila, would appear with coolies carrying hampers full of the wonders of the East, silks, crêpes, Maltese lace, carved ivory and brass from China and from India, embroidered gauzes from Japan, wonderful embroidered table linens, done on Canton linen in the loveliest designs, cherry blossoms, chrysanthemums, dragons, lilies, and beauties enough to make one long for Aladdin's lamp or an unlimited store of gold. Then, too, hard on their heels, would come embroidery men with their piles of wondrously embroidered lingerie, frocks, pillow-cases, in fact things all too beautiful.

Thus with this endless procession of willing hands offering kindly service one can almost forget the world of shops and live on, sipping nectar from this lotus flower of the East.

# Foot Hygiene

## By F. M. Christianson

THERE is, I believe, no other so universally existent and pernicious a covering for any other part of the body as that used for covering the feet. You rarely ever see a foot properly dressed and consequently no beautiful feet.

The Romans did not approve of any bodily apparel that detracted from or destroyed the natural grace of the human frame. To this end they wore sandals, which gave the foot all the room to spread itself that was required and the person they clothed in loosely hanging robes confined only by a girdle about the waist.

The Indians wore moccasins and loose clothing, too. Greek art is concerned with drawing attention to a beautiful form accompanied by a graceful, correct carriage. They aimed at perfection in the *whole* body.

There are twenty-six bones in the ankle, instep and toes, and all the bones in the body are united so as to form either movable or immovable joints, and some of the bones used to form movable joints act as levers to move the body or carry on some process necessary to the well-being of the body, as for instance, mastication. There are three classes of levers. In moving the head backward the fulcrum is between the power and the resistance. In raising the body on tip-toe, on the other hand, the resistance is in the centre, while, if we bend the fore-arm, the power is in the middle; it can easily be seen that the structure of the foot is more nicely adjusted than the finest machine and must adjust itself to the many and varied commands it gets from the brain. The feet must raise and balance the body, while the toes spread out wide and press the ground, and this the foot can do well only when properly shod.

There are many and varied causes of poor, weak, deformed feet, but the most outstanding are narrow-toed, tight, ill-fitting, high-heeled boots. These torture the feet, prevent a spread of toes, cramp the muscles of the legs and feet, and by impairing the circulation keep the feet cold.

A horse driven with a tight check-rein cannot pull a heavy load up hill. He must be able to get his head down on his chest. Then he can take it up. Tight, narrow, high-heeled boots are the check-rein to the feet and prevent and destroy every bit of that natural vigor, grace and spring that is characteristic of the natural foot.

Shoes of this vicious type break down weak arches, make corns, bunions, callouses and help on flat feet to become flatter.

The right kind of a boot will have the inner side in a straight line with the heel. And all that is necessary is to give the boot a broad sole with its outer border curved in to meet its inner straight border.

Be sure to have stockings large enough, well fitting, clean and soft, preferably of wool.

Do not turn your toes out too much when walking; it tires the feet and puts a great strain on the arches; it is not natural and indicates a poor walker.

Indians and mountaineers keep their feet nearly straight. It is the easiest way to walk, gives a longer stride and keeps off corns and bunions.

See that the feet are kept dry. If you are caught in a rainstorm and get wet, put on dry socks and boots as soon as you stop walking and you will experience no inconvenience. Never sit in wet socks and shoes.

The growing hoarseness so often noted in public speakers, as they proceed in their speech, is often due to the fact that they have wet feet. Their nervousness before

beginning makes the feet sweat and there is a bond of sympathy between the throat and the feet; so put on dry socks just before beginning to speak.

The old saying about keeping the feet warm and the head cool is sound philosophy.

Never go to the fair or on a hike in new boots; always take an extra pair of socks along.

If your feet feel sore and tender and you are wearing cotton hose, discard them for woolen ones and your trouble will disappear.

Of late, physicians attach great importance to conditions of the teeth in all ailments. So it might be very useful to inquire about the feet. Bad, weak, unhealthy and uncomfortable feet are a prolific source of nerve irritation, leg-ache, back-ache, rheumatism, etc. These conditions are often traceable to bad feet, caused by wearing absurd shoes. Very often the spine takes on an unnatural curve that is a constant source of strain on the muscles that support the spine, and the result is nervous depression and a whole train of evils.

Children should be taught to stand squarely on both feet. They should be shod in boots built on natural lines and taught to lift the feet up, in walking, and so discourage the habit of dragging the feet along the floor.

A proper poise and carriage for the body depends almost wholly on healthy feet, shod with common-sense boots. The balance of the body is destroyed by narrow, high-heeled boots, and when the body is unbalanced there can be no harmonious relation between the organs of the viscera, muscles, circulation, and brain.

A mind tormented by aching feet is a mind preoccupied. That means less work accomplished, which results in loss of production.

Avoid arch supports. These only add to your weakness, if you have fallen arches. Instead of providing a crutch you want to exercise the feet to strengthen the arches. Rising on the toes twenty or thirty times, several times a day, will strengthen the foot and leg muscles. Persistence in the exercise will give "spring" to the foot.

Avoid cushion soles, they are crutches and emphasize your weakness. Seek to harden the feet.

Avoid insoles. They are moisture pads, and continual dampness softens the skin so that it takes on blisters and abrasions on the slightest provocation.

## Foot Prophylactics

Wash the feet daily in tepid water and soak them in warm water, washing with soap once a week.

These ablutions will keep the skin firm and healthy by removing dirt, dead skin, sweat and decaying matter, which would, otherwise, become breeding ground for various bacteria. The nails should be trimmed after the weekly soaking; they will then be soft and easy to cut. They should be cut square and not oval as those of the hands. Dry the feet especially well between the toes; this precludes the formation of "soft" corns between the toes. After the nails have been cut they should be rubbed a few times with a piece of whet-stone (which the writer has found to be the finest nail-file extant). The nails will be smooth and will not cut through the hosiery so easily, then.

If blisters threaten, through much use of the feet, rub the soles with washing-soap. Moisten the soap with water and rub a layer on. If blisters have formed, thread a needle with a woolen or cotton thread, and pass the needle close to the margin, in apparently good skin, letting it come out on the other side. Then cut the thread half an inch from the blister, leaving the ends free. This will drain the blister. Remove the threads in the morning.

The value of the soap, in the boots, lies in the fact that it has a great affinity for water, and so takes up the moisture thrown off by the feet.

Always wear rubbers and overshoes in

wet weather. No leather is waterproof, on the contrary it is porous and consequently the feet are bound to become moist, unless the boots or shoes are protected by rubbers.

Water is hurtful to all leathers and just ruins the boots and, besides, it is unhealthy to sit in damp shoes. Friends that invite you to their drawing-rooms do not want their rugs soiled by the water and slush on your rubberless boots.

Never sit with rubbers on in the house. It is unhealthy. It spoils the rubbers and shoes. Save them for out-of-doors, where they are really needed.

To sum up, wear well made, low-heeled boots, built on right lines as before explained. Use stockings that are large enough and wash the feet and trim the nails often; do not turn the feet out, and as far as your feet are concerned you'll be 100% efficient.

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# The Joyous Turnover

## By Grace P. T. Knudson

TO me there's magic in the very name turnover. Perhaps because one of my childhood literary (?) recollections is of a whimsical poem on this subject, with — what appealed to me then as — wonderful illustrations. These pictured a host of jolly mince-pie turnovers, with attenuated legs and arms and fat, laughing faces, cutting up all sorts of didos. As I write this there comes to mind one extra saucy chap in the act of dancing down a grand stairway. One eye was a-wink and the other a-twinkle. His tongue was in his cheek, and the whole expression was so tantalizing that I loved to gaze at him until my child mouth watered.

Mince turnovers have ever since held a place of their very own in my heart — not to mention taste — and have grown to be real cooking-day pets. Indeed, I now look back to find that mince turnovers have been milestones, so to speak, in my life.

Bridging the young years, from that initial literary impression, we arrive at the first visit to the great city. The only memories I retain from that are of the Persian embroidered vest of my new traveling suit, the fear entertained by every one of the then new electric street cars, and the first bakery products I had ever eaten — mince turnovers. They were brown and flaky, thick and melty as to crust. And the flavor of that which filled their insides! The bakery product has since fallen off from standard, and, while I have sometimes approximated that taste, I have never been able to duplicate it.

The next recollection marks a time of eye-opening discovery that an adored uncle did not always think in harmony with me. Mince turnovers were the dessert. Uncle, an old seaman, called them "Jo-froggers," in commemoration of days on the Newfoundland and Georges fishing banks, when the cook fried them in pork-fat and inserted a shingle nail in one. The sailor who drew the nailed Jo-frogger was derided as the Jonah of the schooner. From this tale the conversation drifted to a discussion of practical jokes. We came so near to blows, over our diversity of opinion on this matter, that we never fully recovered faith in each other.

Finally, as a homesick and ovenless American pioneering in the Philippines, I was made acquainted with the delights of the fried turnover in all its phases, from mince to onion, and the land seemed more desirable to live in.

Did you ever come in contact with one who professed to dislike turnovers? Yet

*Concluded on page 542*

# AMERICAN COOKERY

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## Our Pledge

Though the clouds of war may lower,
And turmoil fill the breast,
Though enemies may threaten
In writhings of unrest,

Because our land is rested
In principles of RIGHT,
TO-MORROW will be brighter,
However dark the night!

The spirit of our fathers
Is still our guiding star
To help us quell impostors
And reason's gates unbar.

This month with veneration
We pledge our vows anew
In memory of those heroes
Whose lives were ever true!

*Caroline L. Sumner.*

## THE HOUSE AND THE GARDEN

A HOME without a garden spot is not the ideal home. Of course in cities and large towns a garden may be well nigh impossible, but wherever it is possible no house should be located without suitable provision being made for a garden. Upon homes with gardens the welfare of society and state depends. In larger and still larger numbers people must get near to the soil whence come the food supplies of all living beings. The housewife who has access to a good garden has resources at hand of incalculable value. With fresh vegetables and fruit in season the family diet may be composed of that variety and character which is indispensable to wholesome and satisfactory living.

Not only in the matter of prudence and economy is the garden helpful and profitable, but it is also a source of many other benefits. Recreation is one of these. Rest often means change. Exercise out of doors calls for some interesting object in view — some incentive to activity. How easy to go to the garden and find change of occupation, rest and recreation, all in the open air. We love to be out of doors. Nature does not tire us. We need to get away daily from the cares and duties of household tasks and commune with the "God of the open air." Go to the garden where vegetables, fruits, and flowers may be cultivated. Here care and worry pass away and the house becomes a happy home.

The home and garden are ever to be intimately connected. They are part and parcel of one place. Frequent visits from one to the other are conducive to complete well-being. Comfort and liberty are said to be the things most people are seeking for today. For comfort and liberty are not ideal homes indispensable?

## EVOLUTION OR REVOLUTION

SECRETARY LANE is reported to have said recently, "There can be no revolution in a democracy, because we had a revolution which placed sovereign power in the hands of the people, and once for all we passed that gate." It has been a long and weary way from theocracy, aristocracy, and kingly rule to government of the people, by the people and for the people. What more can we want? We have democracy. Even

women have gained the right of suffrage. As a necessary convenience, we choose a representative form of government. If our laws are not just and right, all we have to do is to choose legislators who will make them right. This is what free government means. And yet, a post-war spirit of unrest seems world wide. We take it much of the spirit emanates from those who do not wish to work. Instead of earning a livelihood by honest labor, there are those who wish to live by their wits and unlawfully come into possession of what others, through steady toil and thrift, may have acquired and possess. These are enemies of society.

Unfortunately there are not a few sentimental reformers who would make excuses and apologies for evildoers. These so-called parlor pacifists are a menace to all law and order and the stability of the state. Their assumption is wrong; their logic is wrong; consequently their conclusions are false. A millennial age on this earth cannot be brought to pass in a day. We have to deal with facts, existing conditions. Things must be called by their right names. Without gainsaying, right is right and wrong is wrong. Perhaps no better or truer words were spoken by the governor of Massachusetts in his late inaugural address than the following:

"Our government belongs to the people. Our property belongs to the people. It is distributed. They own it. The taxes are paid by the people. They bear the burdens. The benefits of government must accrue to the people; not to one class, but to all classes, to all the people. The functions, the power, the sovereignty of the government must be kept where they have been placed by the constitution and laws of the people. Not private will, but that public will which speaks with a divine sanction, must prevail."

No one can deny or wants to deny the importance of free speech. It is a poor cause that cannot bear full and free investigation and discussion. All history teaches that at times free speech results in an irrepressible conflict of one side with the other, i. e., between right and wrong. This was the case in the war against slavery. This was just the situation in the late world war. Now we have passed that gate and do not propose to sit idly by and see all lost that has been gained in the past. In the strife 'twixt truth and error, right and wrong, we want to see what of truth and right has been won and accepted by mankind prevail. We believe in gradual evolution, not in aggressive revolution.

## THE CUISINE OF FRANCE

FRENCH cookery has taken the lead now for so long in all civilized countries that one is apt to forget this has not always been the case. There was a time, and only as far back as the end of the 16th century, when the cooking of that country was in a state of comparative darkness, and forced to borrow enlightenment from Italy and Spain. The royal patronage, however, of Louis XIV and XV came to its rescue, and from that time onward French cookery steadily increased in excellence, so that other countries were fain to step in to borrow its methods, and so remove the defects of their own.

Nowadays, amongst the upper classes of England, French and English cookery are almost identical, but France has still much to teach us in the economy of her *bourgeoise methods*. The French peasant, on an average, earns much less and leads generally a far harder life than the English working man, yet the former is better and more daintily fed, and at much less cost than the Englishman. French bourgeoise cookery is essentially a *slow* process, by which the natural flavors of the substances are extracted by gentle means, and other flavors artfully blended. The frugal French peasant woman delights to make a study of the day's menu, and to turn her few poor viands to the best advantage.

Stews, ragouts, and braises largely replace the expensive, ill-cooked English joint, and a never-failing variety, especially of fruit and vegetables, is always forthcoming in the Frenchman's daily fare.

F. and C.

We believe American cookery is secondary to no other cookery in the world. In ways of prudence, the use of meager supplies, in making much of little, the French and Italians may excel us. Undoubtedly extravagance and waste may be charged to American methods in cooking. We need learn of the French and cultivate the knack of using leftovers, of making tasteful and nutritious dishes of simple and less expensive products. In one way or another, we have come into possession of what has been done in foreign lands and adapted it to the needs of our own cuisine. Today it may safely be assumed fewer ill-fed people are to be found in America than in any other part of the globe.

## OUTLOOK

AMERICAN COOKERY is strictly a culinary publication. It deals with domestic science, household economics and culinary matters especially. We do not presume to enlighten or even express our views on political affairs in general. In these stirring times, however, we would like to be thought alive and are willing to be counted on the side of truth and righteousness. Certainly the relation of employer and employee is a question of magnitude today. It concerns everybody. Every home in the land is affected thereby. Manifestly, economical subjects must be given foremost attention for the time being.

We anticipate great gain to improvement of home life through the rapid growth of domestic science departments in the schools of the land. The Department of Agriculture at Washington is helping to forward this movement. Besides issuing bulletins of information and study on a great variety of topics, in the Home Economics Section of the department, it maintains a laboratory where thousands of recipes for the American kitchen are made and tested. In this laboratory both gas and electricity are used in cooking and the equipment for cleanliness, accuracy and uniformity is complete. Are we fully awake to the importance, the significance of the study of domestic science in our public schools? Study and experience are needful to successful attainment. In most subjects, acquaintance with what has been done in the past makes plain what is to be done now.

We desire all our subscribers to renew their subscriptions to AMERICAN COOKERY. Our list is growing steadily, but we wish it to grow much faster. Business in general is called prosperous; happily, many people seem very prosperous, though publishers are not. The cost of labor and paper is a constant menace to the publisher. We are hopeful for more normal times.

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### PRAYER FOR A LITTLE HOME

God send us a little home,
To come back to, when we roam.

Low walls, and fluted tiles,
Wide windows, a view for miles.

Red firelight and deep chairs,
Small white beds upstairs —

Great talk in little nooks,
Dim colors, rows of books.

One picture on each wall,
Not many things at all.

God send us a little ground,
Tall trees standing round.

Homely flowers in brown sod,
Overhead, thy stars, O God.

God bless, when winds blow,
Our home, and all we know.

*Florence Bone in the London Spectator.*



CROWN ROAST OF LAMB, POTATOES ANNA

# Seasonable-and-Tested Recipes

## By Janet M. Hill and Mary D. Chambers

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon. and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

### Baked Bean-and-Tomato Soup

SOFTEN two tablespoonfuls of butter or butter substitute in a saucepan, and stir into it two tablespoonfuls of flour, one-quarter teaspoonful of mustard, one teaspoonful of salt, one-fourth teaspoonful of pepper, and two teaspoonfuls of sugar. Cook to a paste, then add two cups of canned tomatoes, sifted through colander, two cups of water or stock, and one or two cups of baked beans, rubbed through a colander with a wooden pestle. Stir all over fire until the mixture boils, then serve in deep tureen with well-browned croûtons.

### Ham Soup

Take one-half pound of cooked ham (trimmings will do), mince or chop it fine. Blanch a good sized peeled onion, and cook it in milk or stock till tender, then chop it fine. Melt an ounce of butter or fat in a stewpan; stir in an ounce of flour, and cook whilst stirring over the fire till of a pale brown color; stir in gradually a quart of second stock, stir till it boils, then add the chopped ham and the onion, also a fine-chopped carrot and a bay-leaf. Boil gently for about an hour, then strain through a fine sieve. Return the soup to the stewpan, season with salt (if needed), pepper and half a teaspoonful of sugar. Reheat the soup, i. e., boil up, and skim. Pour it into a hot soup tureen and serve with a plate of small fried bread croûtons. These should be handed around with the soup, and must not be put in the tureen, as is so often the case. F. & C.

### Crown Roast of Lamb

A crown roast of lamb is fashioned from two loins with eight or nine rib bones in each. The flank should be cut off to leave all the rib bones of the same length, about five inches from above the "eye" of tender meat. The rib bones should be freed of flesh, "Frenched,"

nearly to the tender, solid piece of meat. In trimming the ribs, care should be taken to trim to a straight line above the tender portion of the meat. Cut apart the back bone at the base, between each chop, but do not cut up into the flesh; this allows spreading the loins apart at the base; turn the skin side in and connect the two loins with two stitches, one above the other, at each side, then press into a crown or ring shape. Wrap each rib in a slice of fat salt pork, to keep the bones from burning and cover with a buttered paper. Cook about one hour and a quarter, basting with hot pork fat each fifteen minutes. To serve, remove the pork from the bones, and fill the center with canned peas. Decorate with Potatoes Anna and parsley or mint leaves. Serve with apple mint-jelly or mint sauce.

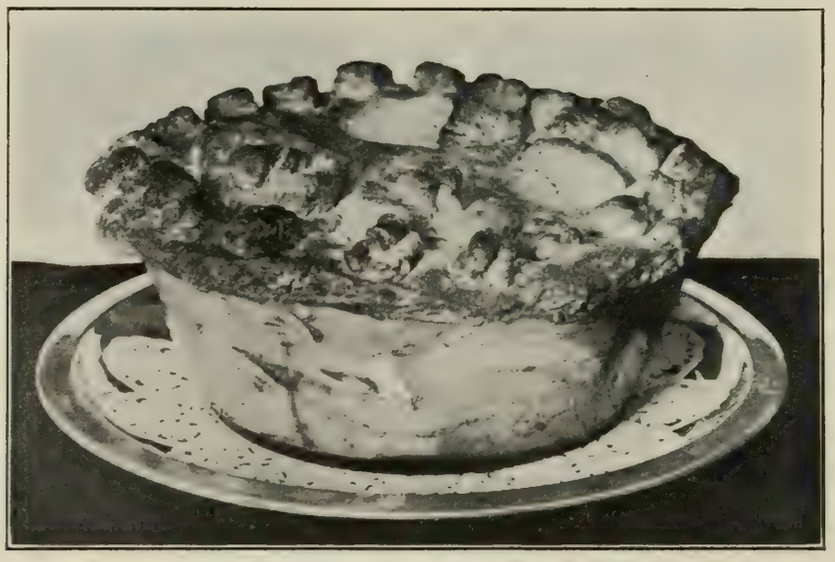
## Potatoes Anna

Pare the potatoes and cut them, lengthwise, into slices one quarter of an inch thick; carefully put the slices together so as to retain the original shape of the potato, and then run two wooden toothpicks through each potato to keep them together. Parboil for ten minutes, then put in a baking pan, baste with a little butter or dripping, melted in hot water, and bake until the potatoes are tender, basting them often in the meantime.

## Chicken-and-Oyster Pie

In a deep baking dish arrange layers of cold cooked chicken and cleaned oysters, and sprinkle with salt and pepper. Add tiny bits of butter here and there and cover with a sauce made of chicken broth.

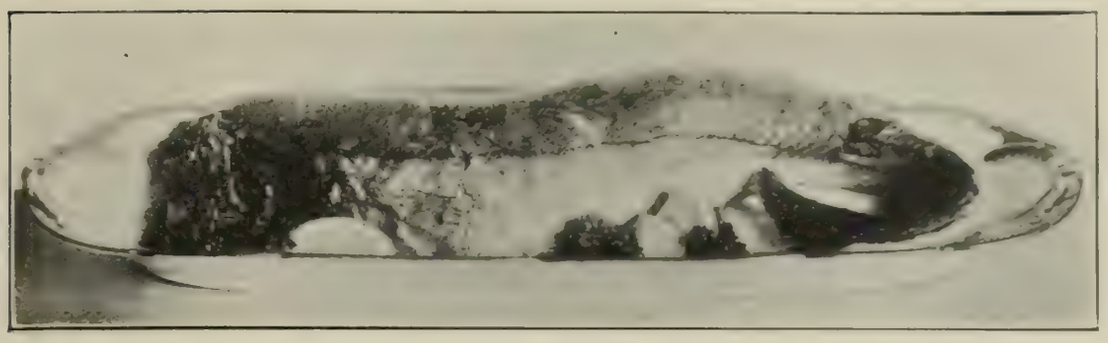
For the crust, sift together into a bowl a cup and a half of pastry flour, three level teaspoonfuls of baking powder and a scant half-teaspoonful of salt. With the tips of the fingers work into the flour about one-third a cup of shortening, then with a knife mix the mass to a dough with rich milk in quantity as is needed. Turn the dough on a floured board, knead it lightly and roll into a sheet, a little larger than the dish. Butter the edge of the dish and set the crust in place. Make two crosswise slits in the center of the crust. Cut heart or crescent-shaped pieces of crust, brush the under side of these with cold water and set them upon the crust. Brush over the whole top with melted butter and bake about forty-five minutes.



CHICKEN-AND-OYSTER PIE

## Potato-and-Liver Pie

Cook six medium-sized potatoes, cut in slices, and place enough in baking dish or casserole to cover the bottom. Over them arrange strips of liver, and continue until dish is filled with alternate layers



BAKED FISH

of potato and liver. One pound of liver will be needed. Each layer of liver should be seasoned with one-fourth teaspoonful of pepper and one-half teaspoonful of salt, mixed and sifted over the meat. Each layer of potato should be seasoned with two teaspoonfuls of fine-minced onion and one-half ounce of breakfast bacon, chopped. The last layer should be of potatoes. Pour over all one cup of stock, cover, and bake one hour in rather hot oven. Remove cover, and continue baking until potatoes are brown.

## Baked Fish

Clean a four-pound haddock, sprinkle with salt, stuff and sew. Truss in an upright position. Place slices of salt pork in slits cut beside backbone. (A fish sheet is of great assistance in removing the fish in perfect shape to the platter.) Brush over the fish sheet or bottom of the pan with butter before the fish is set in place. Dredge with flour. Place in moderate oven. Baste as soon as fat begins to melt and continue basting every ten minutes, adding a little hot water if necessary. Bake one hour.

## Fish Stuffing

Remove the crust from one-fourth a loaf of bread. Break into crumbs and soak in cold water fifteen minutes; put in a bit of cheesecloth and wring as dry as possible; add one tablespoonful of chopped parsley, two tablespoonfuls of chopped onion, one-fourth a teaspoonful, each, of salt and pepper, one-fourth a cup of melted butter, and one teaspoonful of chopped pickles.

## Fish Baked in Rolls

Shred two cups of cold, cooked fish, and add to it a cup of white sauce in which has been cooked a slice or two of onion, cut into bits. Cut the tops from six or eight small square rolls, and remove part of the sof crumb, without breaking the crust at the sides. Brush them with melted butter and fill them with the prepared fish. Cover the fish with some of



FISH BAKED IN ROLLS

the crumbs and dot with butter. Bake until the crumbs are brown.

## Breast of Chicken with Mushrooms

Place on a small dish for shirred eggs a piece of buttered toast, then a thin slice of broiled ham, then the cooked breasts of a small chicken, then a few caps of fresh mushrooms that have been cooked two minutes in melted butter. Season with salt and pepper, pour over one-fourth cup of cream, cover with a glass bell and bake in oven ten minutes.

not to curdle or separate the egg; the mixture should be as smooth as soft custard. This will be enough to fill six baskets. Put mashed potato over top, or short sticks of celery, or sliced tomato, or any preferred garnish.

## Terrapin Oysters

Put into a pan one tablespoonful of butter or a substitute, one-fourth a teaspoonful of pepper, one of salt, one-fourth a teaspoonfu of paprika, two tablespoonfuls of chopped celery, two of fresh sliced mushrooms, and eight oyster



BREAST OF CHICKEN WITH MUSHROOMS

## Creamed Chicken in Bread Baskets

Bake a very light bread dough in small round or square pans (three inches square or three inches in diameter), scoring the top to make it easy to cut the handle of the basket later. The dough should be especially well browned on the bottom and sides. When cool enough, cut or scoop out centers, leaving handle on top, to make pretty baskets. Let these stand in the oven with the door open, to keep hot.

Prepare two cups of well-seasoned white sauce, and add to this two cups of cold chicken, cut in small pieces. Add two well-beaten eggs, and the juice of one-half a lemon—this must be stirred rapidly into the creamed chicken so as

crabs. Cover, and cook fifteen minutes. Add fifteen large oysters with the juice, cook until gills separate and crinkle; stir in one-fourth a cup of rich cream, and serve at once.

## Coffee Cake

Dissolve one cake of compressed yeast in one-fourth a cup of lukewarm water. Add to one-half a cup of scalded-and-cooled milk. Stir one cup and one-half of flour into this liquid and beat until the batter is smooth. Set aside in a warm place to become light. (About one hour.) Then add two eggs, one teaspoonful of salt, one-fourth a cup of butter (softened), one-fourth a cup of sugar, the rind and juice of one lemon, one-eighth



COFFEE CAKE

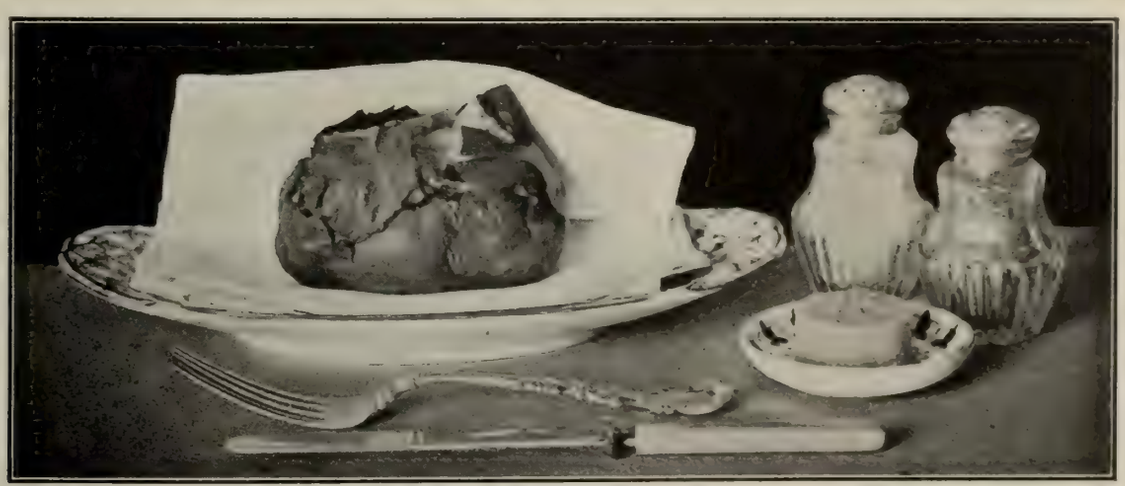
a teaspoonful of nutmeg, about three cups of flour. Knead thoroughly and again set aside to become double in bulk. Then toss on board, roll into a round sheet one-fourth an inch thick, a little broader than it is long. Spread with softened butter. Through the broadest width make a deep crease with the blunt edge of the blade of a large knife. Parallel with crease sprinkle a few raisins and a little sugar and cinnamon in the center of each half-sheet of dough. Roll the dough over the raisins, sugar and cinnamon. Using the crease as a hinge bring the edges of the two rolls together. Place in a buttered dripping-pan. Arrange the cake in a crescent shape, with the rolls on the outside curve. Cover and set in a warm place to become light. While rising the top roll will shrink a little away from the lower. Bake in a moderate oven. Just before it is done remove from oven and brush over with beaten white of egg. Return to oven for five or ten minutes.

## Baked Potatoes, Paprika

Scrub the potatoes with a vegetable brush. Bake in a hot oven forty-five minutes. Make two gashes in the top of each potato, one at right angles to the other. Gently squeeze to let out the steam. Fold back the four corners of skin. Place one tablespoonful of butter on the exposed potato, and sprinkle liberally with salt and paprika.

## Chocolate Macaroons

Grate half a pound of almond paste (the paste may be purchased in tins



BAKED POTATOES, PAPRIKA

holding one pound) on a lemon grater, in order to lighten it; add the unbeaten white of one egg and beat it in thoroughly, then beat in one cup of granulated sugar, also two ounces of chocolate, melted over hot water, and, lastly, the unbeaten whites of two eggs, one at a time, and beat thoroughly. Spread paper on baking sheets, and on it, with two teaspoons, form rounds and lady-finger shapes, a little distance apart. Dredge with granulated sugar. Bake in a moderate oven about fifteen minutes. Too long baking makes macaroons brittle. whole is quite firm. Have ready a mold holding five cups; set a lady-finger macaroon, trimmed to the height of the mold, at one end, rounding side next the mold, and dispose a spoonful of the cream mixture at its base to hold it in place; in the same manner set a macaroon at the opposite end, another half way between these, on each side, and four others at regular distances from those in place, then, using a spoon, finish filling the mold with the cream mixture. When unmolded decorate with whipped cream and cherries. The half cup of sugar added to the milk



CHOCOLATE MACAROON BAVARIAN CREAM

## Chocolate Macaroon Bavarian Cream

Scald one cup of milk and half a cup of sugar. Soften one-third a package of gelatine in one-third a cup of milk; beat two egg-yolks; add two tablespoonfuls of sugar and one-fourth a teaspoonful of salt and beat again, then stir and cook in the hot milk until the mixture thickens slightly; add six chocolate macaroons and the softened gelatine; mix thoroughly, then strain into a dish set into ice-water. Stir occasionally, and when the mixture begins to thicken, fold in one cup of double cream and one cup of cream from the top of a quart bottle of milk, beaten light but not dry; cut and fold the two mixtures together until the may be caramelized, dissolved in one-third a cup of water, boiled to a syrup and then added to the milk; in this case, use three tablespoonfuls of sugar with the egg-yolks.

## "Boiled" Custard with Snow Eggs

Scald one pint of milk in a double boiler; beat the yolks of four eggs; add one-third a cup of sugar and half a teaspoonful of salt and beat again; mix the yolks smooth with a little of the hot milk, then return to the rest of the milk and stir constantly until the mixture thickens enough to coat the spoon. When cooked enough, the foam on the top of the mixture in the boiler will largely disappear. The custard will



BOILED CUSTARD WITH SNOW EGGS

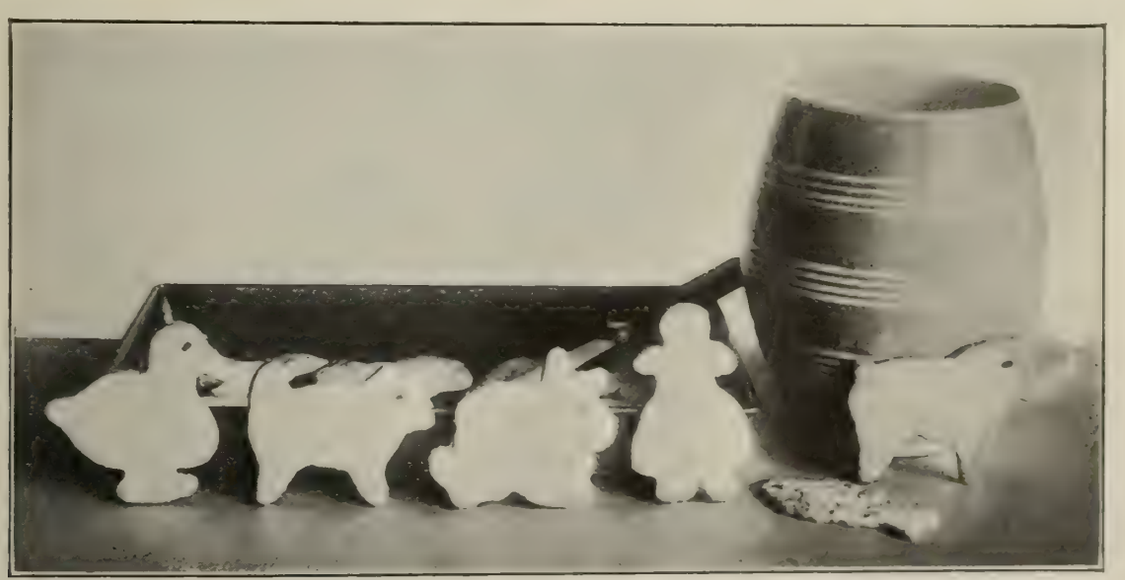
thicken more on cooling. Set the dish of custard at once into cold water, continue the stirring for two or three minutes, then renew the water and stir for a few minutes longer. If the dish can stand in running water, so much the better. Flavor with three-fourths a teaspoonful of vanilla just before serving. Serve the custard in china or glass cups with a "snow egg" on the top of the custard in each cup. Grate a little nutmeg on the eggs if desired.

## Snow Eggs

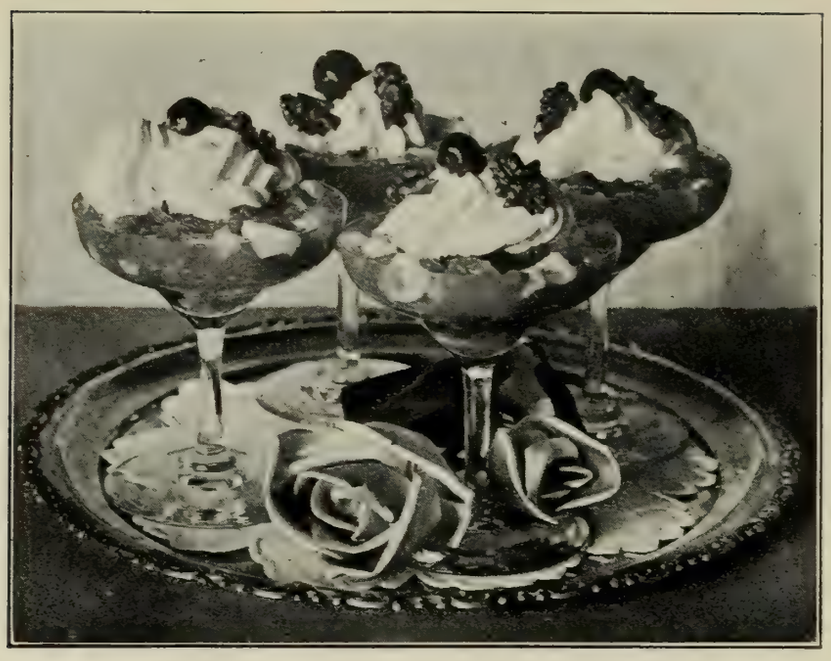
Beat the whites of two eggs very dry, then very gradually beat into them a scant half-cup of sugar. Continue the beating until the mixture is very dry. Have ready a saucepan of boiling water, on the range where the water will keep hot without bubbling. Dip two tablespoons into the water, then take up a spoonful of the meringue, and with the other spoon shape the top smooth, forming an oval shape like a rounding spoonful of any material. With the second spoon push the meringue into the water and continue in the same manner until the saucepan is filled and the material is used. Turn the "eggs" often and let cook about twenty minutes.

## Cookies

Cream one-half cup of butter; add one cup and one-half of sugar, two eggs, one teaspoonful of anise, and four cups of flour, sifted with one-half teaspoonful of soda. Add a little water carefully, using only sufficient to make a stiff dough. Roll out very thin; cut with fancy cutters. Bake in a moderate oven a light amber color.



COOKIES, CUT WITH FANCY CUTTERS



PINEAPPLE-AND-MARSHMALLOW CUP

## Pineapple-and-Marshmallow Cup

Mix together in a bowl one cup of marshmallows cut into pieces, and two cups of pineapple cut or shredded. Add a little sugar to the pineapple, if it is the fresh fruit. The preserved pineapple will require no extra sweetening. Arrange this mixture in sherbet glasses and place on each a spoonful of whipped cream. Decorate with a cherry and a half English walnut, or with chopped nuts if preferred. Serve with

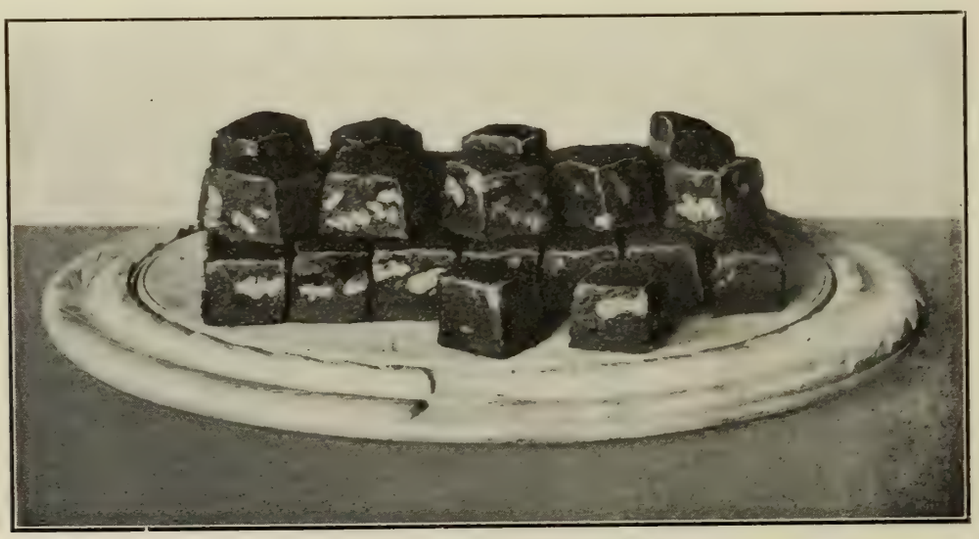
## Peanut Cookies

1 tablespoonful butter
2 tablespoonfuls sugar
1 egg
2 tablespoonfuls milk
½ cup of flour
½ teaspoonful baking powder
¼ teaspoonful salt
½ cup chopped peanuts

Mix and drop by teaspoonfuls on a tin sheet, not putting them too near together. Put a half-nut on each cookie. Bake 12-15 minutes.

## Chocolate Fudge Cake

Beat half a cup of butter to a cream; gradually beat in one cup of sugar, then two squares of chocolate, grated, the yolks of two eggs, beaten light, one cup of sifted flour less two tablespoonfuls, one teaspoonful of vanilla, the whites of two eggs, beaten dry, and one cup of pecan nut meats. Bake in a pan lined with a buttered paper. The pan should be 9½ by 5½ inches, or its equivalent. Cut the cake in cubes. The cubes should be the size of caramels. The cake may be cut when hot or cold.



CHOCOLATE FUDGE CAKE

## Orange Sweetbreads

Let one pair of sweetbreads simmer gently, covered with boiling water, for twenty minutes; with a slice of lemon or one of onion, and one-half teaspoonful of salt. When parboiled blanch by plunging into cold water, then take off membranes. Cut sweetbreads into slices, and sauté in hot fat in pan until lightly browned. Add to pan the following sauce: One tablespoonful of butter blended with one tablespoonful of flour, this added to one cup of good stock, veal, chicken, beef, or extract of beef, and cooked with careful stirring until thick. Season with one teaspoonful of scraped onion, a speck of red pepper, the juice and grated yellow rind of one-half orange, and one teaspoonful of lemon juice. Remove sweetbreads to serving dish, and pour the sauce over them.

## Orange Soufflé

To the whites of three eggs add a small pinch of salt, and beat until stiff. When stiff, beat in gradually three tablespoonfuls of sugar. Beat the yolks of three eggs until lemon-colored and thick; add six tablespoonfuls of powdered sugar, and stir into them enough orange juice to thin out to the consistency of this cream. Into this fold carefully one-half the beaten whites, slip into baking dish, and cook carefully, either in moderate oven or over hot water, until it puffs up. Spread over it the pulp of three oranges, cover with the remainder of the beaten whites, and allow to stand in slow oven, until whites are firm and just touched with brown.

## Steamed Coffee Custard

8 yolks of eggs
1 cup sugar
Speck of salt
3 cups scalded milk
1 cup strong black coffee

Beat the egg-yolks, slightly, with a fork, and add to them the salt and sugar. Pour over them the scalded milk and coffee, then strain into buttered custard cups, and set in the oven in a pan of hot water. Cover them and let them cook until they are firm. Cool and serve.

## Orange Tapioca

2 tablespoonfuls Minute Tapioca
1 pint scalded milk
½ cup sugar
2 whites of eggs
Speck of salt
2 yolks of egg
6 oranges
2 tablespoonfuls powdered sugar
½ teaspoonful orange extract

Soak the Minute Tapioca in enough water to cover, then add it to the milk, with the salt and sugar. Let it cook twenty minutes, or until it is transparent. Beat the yolks of the eggs with a fork, slightly, then pour over them the milk and tapioca. Return the whole to the double boiler and cook until thickened and creamy. Slice the oranges so as to remove the seeds and tough membrane. Lay the slices in a dish and pour the tapioca over them. Beat the whites of the eggs very stiff and add the powdered sugar and the orange extract. Pile this meringue on top of the pudding and brown slightly in a moderate oven. Serve cold.

## Cream Gingerbread

1 cup sour cream
1 cup molasses
2 teaspoonfuls baking soda
2 teaspoonfuls ginger
½ teaspoonful salt
2½ cups flour

Mix and sift together the dry ingredients. Mix the cream and molasses and blend this with the dry ingredients. This makes about two dozen little cakes if baked in muffin tins. They should be baked about twenty-five minutes in a moderate oven.

## Sour Milk Gingerbread

½ cup molasses
½ cup sour milk
1 teaspoonful soda
1 teaspoonful ginger
½ teaspoonful salt
1½ cups flour
1½ tablespoonfuls mazola

Mix and bake like the cream gingerbread. Instead of the sour milk the whey which is left when cottage cheese is made from sour milk may be used.

# Well-Balanced Menus for
## WEEK IN FEBRUARY

### SUNDAY

**Breakfast**
Grapefruit
Broiled Ham with Grilled Sweet Potatoes
Corn Meal Muffins
Coffee Cake (reheated) Coffee

**Dinner**
Clear Tomato Soup
Crown Roast of Lamb
Potatoes Anna
French Peas
Currant Jelly
Chocolate Macaroon Bavarian Cream
Half Cups of Coffee

**Supper**
Terrapin Oysters
Pineapple-and-Marshmallow Cup
Peanut Cookies Tea

### MONDAY

**Breakfast**
Orange Juice
Eggs Cooked in Shell
Buttered Toast
Bread Crumb Griddle Cakes
Coffee Cocoa

**Luncheon**
Baked Bean-and-Tomato Soup
Apple-and-Onion Salad
Steamed Coffee Custard
Cookies

**Dinner**
Lamb Soufflé
Baked Potatoes
Buttered Carrots and Peas
Apple-and-Celery Salad
Macaroon Pudding
Coffee

### TUESDAY

**Breakfast**
Apple Sauce
Baked Sausages
Spider Corn Cake
Creamed Potatoes
Coffee

**Luncheon**
Potato-and-Liver Pie
Sour Milk Gingerbread
Cocoa

**Dinner**
Fish Baked in Moulds
Boiled Potatoes, Drawn Butter Sauce
Stewed Tomatoes
Cabbage Salad
Fig Frozen Custard
Coffee

### WEDNESDAY

**Breakfast**
Dates
Cream of Wheat, Top Milk
Salt Codfish Cakes, Gherkins
Brown Bread (reheated) Coffee

**Luncheon**
Eggs in Curry Sauce
Rye Meal Muffins
Lettuce Salad
Cocoa Orange Soufflé Tea

**Dinner**
Chicken-and-Oyster Pie
Cranberry Jelly
Celery
Pulled Bread
Steamed Squash
Stewed Figs
Chocolate Fudge Cake Coffee

### THURSDAY

**Breakfast**
Quaker Oats, Thin Cream
Stewed Prunes Toast
Bacon Broiled in Oven
Baked Potatoes
Coffee

**Luncheon**
Scalloped Cheese
Lettuce-and-Cress Salad, French Dressing
Spider Corn Cake
Rice with Figs Tea

**Dinner**
Hamburg Steak
Tomato Sauce
French Fried Potatoes
Boiled Onions
Raspberry Jiffy Jell
Coffee

### FRIDAY

**Breakfast**
Gluten Grits
Finnan Haddie-and-Potato Cakes
Yeast Rolls
Griddle Cakes
(Made with Kellogg's Toasted Corn Flakes)
Coffee

**Luncheon**
Baked Lima Beans
Toasted Muffins
Chili Sauce
Cream Gingerbread Tea

**Dinner**
Baked Fish
Riced Potatoes, Pickle Sauce
Hot House Cucumbers
Buttered Beets
Baba Apricot Sauce Coffee

### SATURDAY

**Breakfast**
Wheatena
French Omelet
Baked Bananas
Toast Coffee

**Luncheon**
Creamed Chicken in Bread Baskets
Celery (cooked and buttered)
Orange Salad
Peaches Cookies
Tea

**Dinner**
Lima Bean Soup
Sliced Ham
Maitre d'Hotel Potatoes
Candied Sweet Potatoes
Orange Sherbet Macaroons
Coffee

# Menus for Special Occasions

## VALENTINE PARTY
(Children)

Heart-shaped Sandwiches:
Cream Cheese-and-Pimiento (white bread)
Cream Cheese-and-Jelly (white bread)
Sliced Ham (white bread)
Sardine Paste (brown bread)
Cream Cheese, Candied Cherry-and-Hazelnut (brown bread)
Cocoa
Strawberry Ice Cream
Raspberry Sherbet
Heart-shaped cakes

## VALENTINE LUNCHEON

Halves of Grapefruit with Candied Cherries
Halibut Timbales Truffled (heart-shaped), Hollandaise Sauce
Boned Lamb Chops, Stuffed Mushroom Caps
Delmonico Potatoes, Peas in Timbale Cases (heart-shaped)
Apple-and-Celery Salad
Heart-Shaped Cakes Raspberry Parfait

## COLONIAL LUNCHEON
February 22

Grapefruit Cocktail
Olives Cream of Clam Soup Radishes
Broiled Oysters
Baking Powder Biscuits (size of quarter of a dollar)
Coleslaw
Cold Roast Turkey (sliced thin)
Cranberry Jelly (individual molds)
Bread-and-Butter Sandwiches (cut hatchet-shape)
Buttered Asparagus
Celery Salad
Doughnuts Coffee
Maple Sugar Bonbons in Individual Hatchet-Shape Boxes

## FORMAL DINNERS

Grapefruit, Bar-le-duc
Consommé Julienne
Lobster Cutlets, Sauce Tartare
Filet Mignon
Parisian Potatoes
Peas Carrots and Turnips (cut in cubes)
Chicken and Mushrooms (under glass)
Fruit Salad
Charlotte Russe
Bonbons Salted Nuts
Coffee

Oysters
Turtle Soup
Ripe Olives Salted Almonds Radishes
Halibut Mousseline, Lobster Sauce
Cucumbers
Crown of Lamb Franconia Potatoes
Peas
Sweetbreads Bechamel Sauce
Endive Salad
Peach Melba
Coffee



# Menu-Making and Table Service

By Ethel V. Antes

DECIDING what to have for meals is the feature of housekeeping which is somewhat commonly thought to be the most monotonous. In case decision proves to be a difficult task, it is well to reduce the matter to a system which may be so arranged as to work successfully and economically.

The first essential of a good working system is familiarity with what the markets afford and with the price of the various foods in them. Such knowledge can be gained by visits to markets resulting in either clear memory of what available foods cost or in a simple check list alphabetically arranged with the price of commodities at varied times.

The second essential is knowledge of the tastes of the individuals to be served.

The third essential is to make strong effort to avoid hesitation. When a housekeeper allows various possibilities as to what she may have for dinner, to chase back and forth for hours in her mind, she is wasting nervous energy so fast that she must, in a short time, become the natural victim of her bad habits. Under such circumstances, deciding what to have becomes wearing as well as monotonous.

The first secret of an appetizing bill of fare is well cooked food. Every viand should be as nearly perfect in taste as the housekeeper can secure by using raw materials of proper quality and by following her recipe exactly as to the amount of each ingredient, and as to the order and way in which it should be added to the other articles used in the recipe.

The second secret of a good meal is serving at it foods that go well together. Many housekeepers provided well balanced dietaries long before anyone had analyzed the food they served. If a guiding instinct on this matter is not possessed by a young housekeeper, she can cultivate it to some extent by studying proverbial combinations, such as, pork and apple sauce; chicken and cranberry sauce; macaroni and cheese, etc. It would be well to examine different menus and to notice that the successful ones do not combine many foods of the same kind. The principle involved is that the appetite is encouraged by different kinds of food. The restaurant manager knows that it pays to serve horseradish with oysters, and sauces of various kinds with meat. Succession or alternation of foods of different tastes stimulate not only the desire to take more food, but also activity of digestion.

In these days, when there are so many fads as to when, what and how one shall eat, the housekeeper must exercise her common sense and not attempt risky experiments on herself and family. The food of a family should be determined by the occupations, ages and health of its various members. A family containing a number of growing children would not have the same food as a family of adults. An office man would be content with a breakfast of coffee and rolls, but a day laborer would need a much heartier meal.

The important thing is not to narrow the diet down to a few things, but to know how to prepare all the food sub-

stances in a healthful, digestible and appetizing manner, so that the table may be provided with a generous variety.

The best prepared meal may be marred by an untidy table and poor service; and by poor arrangements in the dining-room. On proper table service depends much of the comfort, cheerfulness and refinement of the family.

The dining-room should be well lighted and well ventilated. The chairs should be comfortable and with backs almost straight. The table should be broad.

There should always be a care to make the table and food pleasing to the eye.

Well-laundered table linen; table-ware that has been properly washed and wiped and that is arranged in an orderly manner, are the strongest factors in making a table elegant and attractive.

A few flowers or a small plant or fern will brighten a table more than any other one thing that can be used.

The table, with its clean cloth and its dishes arranged in good order, is ready to have the first course placed and the meal served.

The waitress should be scrupulously neat and clean and as unobtrusive as possible.

If the host serves, the waitress places the food quietly at the right of the person served. She should begin at one end of the table and serve in order around it; always observing the same order in which she began for all courses. When there is a choice of food, it is passed at the left and low enough down so that the guest may serve himself easily. Two vegetables are passed at once, one in each hand.

Everything relating to one course only must be removed at the end of that course. Take food first; soiled plates from the right, then clean dishes, then the crumbs. The next course is placed and the service continues as before. The crumbs are removed after the salad course.

In many households where there is a regular waitress there is a rule sometimes that nothing shall be passed by the members of the family; while in other homes, even where there is plenty of service, each member of the family has a watchful care of the needs of the other persons at the table. In the second case the atmosphere is more sociable and friendly. A certain amount of formality should always be observed even at the simplest family meal; but when this is carried too far, it crushes sociability and cheerfulness.

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# The Making of Soups in French Kitchens

By Kurt Heppe

SOUPS are divided into different classes.

The best known soups are the family soups, called "garbures." (These are not much used in hotels). The hotel soups, on the other hand, are not much used in families.

A well made hotel soup is a thing of surpassing delicacy; it requires consummate skill.

Hotel soups form an important item on the menu. They are daintily flavored, and the family-man who tastes soups for the first time in a high-class hotel is surprised that so delectable a concoction may take the place of the frequently insipid offering of the home-dinner-table.

The intrinsic value of soup is due to the stock; a good stock is the foundation of a good soup, and without a good stock no good soup can be made.

In hotels, soups are divided into clear and thick soups. The thick soups are sub-divided into: Purée, Cream, Velouté and Bisque soups.

Clear soups are thin soups, made with chopped meat, stock, white of egg and vegetables; they are not strained (that means the vegetables contained in them are in their original form).

Purée soups are strained thick soups, made from vegetables, or legumes, with a flavoring meat or bone.

Cream soups are made from purée soups, by the addition of cream.

Velouté soups are strained thick soups, made of stock, thickened with roux, and flavored.

Bisque soups are fish soups (mostly shell-fish), generally made of stock, flavored with the fish indicated on the menu, thickened with roux and strengthened with cream.

The basic idea of soup-making is to braize fine-cut vegetables, such as celery, carrots, leeks and onions, in butter, until the water they contain evaporates. The butter then becomes saturated with the exudations of the vegetables, while the vegetables themselves become soft and tender, and quickly flavor the stock.

During the process of braizing, care must be taken to start in with the tougher vegetables, and to braize them a few minutes longer, so that all shall be equally tender.

The braizing of vegetables is the basic idea of soup-making; it creates flavor. When correctly done, and when a good stock is used, then the soup cannot help but be good.

Salt, pepper, bay-leaf, clove, thyme and butter are sometimes added, to give aromatic savour to the finished product.

Sufficient time must be allowed during the cooking, to mellow the different ingredients, and to allow of thorough combination.

Out of such a basic soup one may make many other soups. A housewife, who keeps a base for soups in her ice-box, and boils this base from time to time, may vary her soups daily, and yet save much labor.

Soup, then, is nothing but a gradual braizing of vegetables, in butter, an addition of stock, a flavoring with savory, and a seasoning with salt and pepper.

That is soup, or rather, that is the basic idea of soup. But in order to perfect the product, many soups are treated in an individual way. In a good many institutions all soups are prepared from the above described preparation.

Now to repeat: in order to get the foundation for good soup, put butter into your casserole, put in your celery (cut very small), braize for seven minutes, then add the carrots (cut the same way); after five minutes add leeks and onions; stir the whole every half-minute (so it does not get brown) (the vegetables must only evaporate the water they contain).

When this is achieved, add a little stock, and a little arrowroot (starch) or roux. This is done to bind the soup (to make it thick).

Soups made of aqueous vegetables would be too thin, if not artificially thickened. What makes soups gelatinous is the starch; it is either added in the form of roux, flour, or arrowroot (dissolved in cold stock), or it is extracted through the cooking process, from material rich in natural starch, such as potatoes, peas, beans, etc.

The cook need not be nervous about the amount of starch she dissolves, because, if the soup is found too thin, a little more starch may be dissolved separately, and it is then easily taken up by the soup.

If the soup should turn out too thick, the addition of stock will give it the correct consistency.

When the soup is thickened, the stock is added. This is done very gradually (if we want chicken soup we use chicken stock, if beef soups beef stock). With a wire whisk the roux is worked vigorously, and with the free hand the heated stock is gradually added with a large

ladle. The roux must be continuously worked so that the stock will take it up evenly.

Supposing we want a cream of asparagus soup: we take all the trimmings of asparagus, we crush them, put them into the casserole, and braize them for forty minutes (or longer if necessary, until they have become quite soft). In the case of asparagus or other vegetable cream soup, we add the roux last, after the stock has been poured over the vegetables, as, otherwise, the starch would get mixed with the vegetable and would scorch. (The cook must at all times use logic. Contrary to public opinion, there is call for quite a little headwork in the kitchen).

Roux has a great affinity for moisture; it takes up six times its volume, in moisture, and becomes a solid mass again if left on the fire. In this stage it burns (singes) very easily.

Now, with the stock poured over the quite soft asparagus trimmings, we add: salt, pepper, bay-leaf, clove, and thyme, and give it a chance to affiliate with all the ingredients, and to become thoroughly permeated.

Then we add the thickening medium: roux or arrowroot, dissolved in water or cold stock.

When the permeation is achieved, (after long continued simmering) we strain the soup through a china-cap or soup-strainer, put it into a large crock or bain-marie, and keep it hot and ready for service in the hot water bath on the steam-table. Before the service begins, we add some fresh cream and a little butter. We then taste it to find whether the seasoning should be corrected.

If we want to make a cream of lettuce soup, we use the lettuce trimmings, which have been carefully washed and scalded in steam, and so on right down the line with any vegetable of which we desire to make a cream soup.

In the case of legumes (dehydrated beans, peas, lentils, etc.) of which excellent purée soups may be made, water is used instead of stock. They, too, can be easily converted into cream soups, by the simple addition of cream.

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# Seasonable Recipes

## Eggs in Curry Sauce

4 eggs
1 teaspoonful chopped onion
1 tablespoonful butter
½ tablespoonful curry powder
1 cup milk
Salt and pepper

Cook the eggs for thirty minutes in water just below the boiling point, then remove the shells and slice the eggs into a buttered baking dish. Melt the butter in a saucepan and cook the onion in the butter until it is a golden brown. Add the flour, salt, pepper and curry powder to the melted butter to make a smooth paste, then add the milk and let the sauce cook until thickened, smooth and free from all taste of raw starch. Pour this sauce over the sliced eggs, cover with a layer of buttered crumbs, brown in the oven and serve very hot.

## Rice with Figs

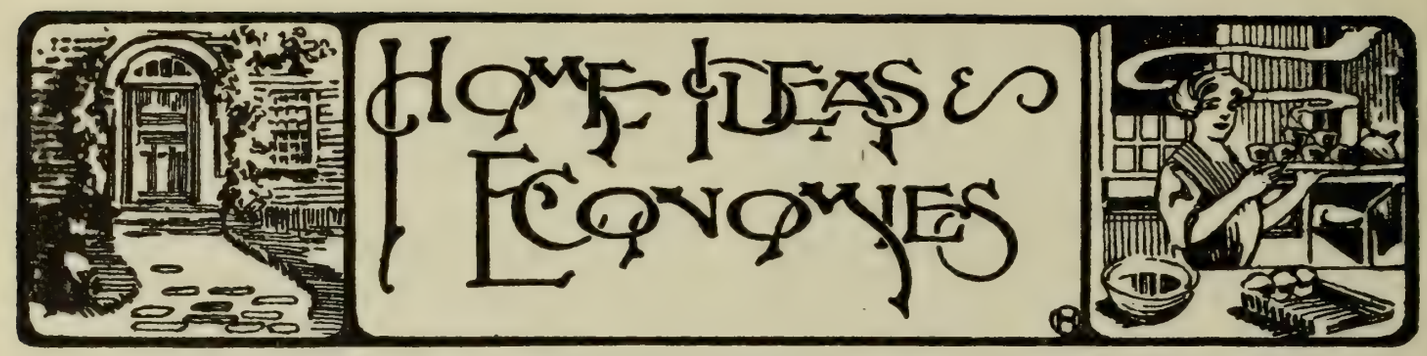
¾ cup of rice
1 cup water
½ teaspoonful salt
2 cups milk

Wash and pick over the rice and let it soak in the water for about an hour. Then add to the rice and water the salt and the milk. It may be cooked in a double boiler or in a buttered baking dish. When it is tender, white and separate, serve it with

### Fig Sauce

1 cup nice figs, cut into pieces
2 cups water
1 tablespoonful sugar

Stew the figs in the sugar and water until they are tender. Serve a tablespoonful with each helping of rice.




**Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.**

## Candlemas Day

IN cold countries, especially, February 2 is watched with interest to learn the weather that is to follow. This is, no doubt, owing to a couplet, which says:

"If Candlemas Day be fair and bright,
Winter will have another flight."

In New England, many farmers used to look over their bins and corn cribs to ascertain whether there was enough of food to allow the addition of a cow, or extra hogs, or if there needs be a little saving with the feed on hand. In Scotland they say,

"If Candlemas be bright and clear,
There'll be twa winters a' the year."

Candlemas is a fixed feast day, and is usually celebrated also by the church of England, often by the Lutheran, and in this country by the Episcopal Church. This day is in commemoration of the presentation of the Infant Jesus in the Temple forty days after His birth.

It is often called Saint Simeon's Day, on account of his saying, "A light to lighten the Gentiles, and the glory of mine people." Long years ago this was also a "term" day in Scotland, this being one of the four days for the payment of taxes, money, and so on.

From the Catholics the name Candlemas comes, as on this day such great numbers of candles are carried in their processions. It is a solemn and beautiful sight. The priests and assistants in fine robes, carrying large lighted candles, the bright lights casting queer shadows all around. On this day, too, the candles to be used during the year are blest. This festival is doubtless the survival of the ancient Roman custom. The Romans devoted the month of February to the infernal gods, as they held that at the first of the month Pluto stole Proserpine, and that Ceres, mother of Proserpine, searched all through the night at Sicily with torches alight from Mt. Ætna. Thus St. Agatha's festival is kept still in Sicily, huge processions carrying lighted tapers being no small part.

In commemoration of Ceres, the Romans had torchlight processions each year. Thus the padres saw the habit so firmly established, that they but substituted Madonna for Ceres, and as such it still remains.

## A George Washington Party

Naturally United States flags and cherries play a prominent part in these affairs, but one should use care not to overdo either decoration, or to allow it to degenerate into a farce, when the occasion is in reality a glorious one.

The halls could be draped with United States flags, while the dining room would show cherries in profusion. The centerpiece a dwarf cherry tree, the place cards white with sprays of cherries painted and tied with cherry-red ribbon; roast meat garnished with beets, chicken salad with decorations of cranberries; bowls of deep red apples, ice cream colored with cherry-red, cherry pie, all these may be used with good effect. In the drawing room, punch and colonial cake should be served and this room, decorated with the beautiful colonial colors, blue and buff. Wee pictures of Washington, tied with

these colors, make delightful souvenirs, as well as clusters of his favorite flower, the romance-haunted Cape jasmine.

E. C. L.

* * *

## Cooking with Sour Cream

CREAM as a substitute for lard has many recommendations from the standpoint of health. Many people are unable, on account of weak digestions, to eat pastry made with lard or a compound, but few people are obliged to refuse dishes shortened with cream. The cost is about the same, if one has to buy, but where cows are kept the expense is greatly in favor of cream. Many farmers' wives use cream for all pastry except doughnuts, and the dishes are superior in many respects to those made with lard.

To the novice the idea of making pies with cream seems ridiculous, but when once the feat is tried the results are more than satisfactory. Unless one is in the habit of using baking powder instead of soda and cream of tartar better results may be obtained by souring the cream, but only sweet cream can be used successfully with baking powder. In cake making allow half a cup of heavy cream to each cake requiring two cups of flour, and add both cream of tartar and soda, if the cream is sour. In pie crust the proportions are the same, but the dough must not be handled more than necessary, as the secret of good pie crust lies in light mixing and little handling. In cookies allow half a cup of cream to each half-cup of wetting. Half a cup of cream to each quart of flour is right for biscuits and two-thirds of a cup of cream to a quart of flour for gems. For bread allow one large mixing spoon of cream for each loaf. Cream is used in the same manner as lard, and may be used with any recipe, provided one takes care to use both soda and cream of tartar with sour cream and baking powder with sweet cream. Bread requires neither, so equal results are obtained with sweet or sour cream.

The economical housewife will find the following rules both wholesome and delicious and adapted to the weakest digestions.

### One-Egg Cake

Cream together one cup of sugar, half a cup of sour cream and one egg. Add pinch of salt, half a teaspoonful of soda in two-thirds a cup of milk, flavor with vanilla and sift in two cups of flour and one teaspoonful of cream of tartar. Bake in medium hot oven, in biscuit pan or gem pans. Can be baked in layers for filling or flavored with cassia and raisins if prefered.

### Peanut Cookies

One large cup of sugar, half a cup sour cream, one egg. Beat well together. Add one five-cent package of salted peanuts after putting through meat grinder. Put half a teaspoonful of soda into small half-cup of skimmed milk and add with flour to make stiff dough. One teaspoonful of cream of tartar in flour. Roll thin and bake in quick oven until slightly brown. By omitting the peanuts and adding vanilla this rule makes very good sugar cookies.

### Pie Crust

One pint of flour, half a teaspoonful of salt, half a teaspoonful of cream of tartar, and one quarter teaspoonful of soda sifted together. Half a cup of sour cream folded in lightly and enough water to make a light dough. When mixing never stir around the pan; use the folding movement, turning the whole mass at once and stop as soon as flour is all taken up. Roll out in usual way with plenty of flour on board and bake quickly.

### Bread

Sift one quart of flour into a bread mixing pan with one tablespoonful of salt and the same of sugar. Pour over this one quart of warm water mixed with half a yeast cake and two large mixing spoons of sour cream. Stir all together

until the batter is like that of cake. Add flour enough to make a moist dough and set to rise without kneading. When doubled in bulk turn on a well-floured board and knead in flour enough to make firm, but light loaves. Bake forty minutes in a medium hot oven. F. C. L.

* * *

## Household Lubrication

THE graphite, or black lead in a pencil, is an excellent lubricant for the squeaking, rubbing surfaces of a door that refuses to be silent. The small particles of this metal fill out the rough depressions in the bearings of the hinges, and make the opening and closing of a door a delight instead of a torture.

Oiling household machinery generally, doors that stick, drawers that literally refuse to open, and then yield, precipitating the opener on the floor, and other things that seem to follow the natural physical law that "each thing cares for itself," can be done easily and effectively without a generous use of oil. Only a very little is necessary, and sewing machine oil is about as good as anything. If you don't have such a thing in the house, use a little bit of lard or even butter, or a drop or two of salad oil. Vaseline can also be used, or if you own a machine, grease that is used in the "grease cups" is a splendid lubricant. It is just the thing for the recalcitrant ice cream freezer, though it will be too sticky for your typewriter or your sewing machine.

Few housewives appreciate the value of kerosene as a lubricant, if nothing else is available. A drop or two of it will set things going that have refused to go before. It is also extremely valuable as a cleaner and can be used oftentimes to great advantage in the place of soap and water, as the odor housewives in general object to quickly evaporates. The floor can be cleaned with a well-oiled mop even more effectively and quickly than with soap and water. And it leaves a well-oiled surface.

Light rubbing with a rag dipped in kerosene will restore the pristine whiteness of a lined bathtub almost instantaneously. White paint can also be cleaned with a minimum of effort by its use. Yesterday in a furniture house I was much surprised to find a man engaged in cleaning some brand new ivory bedroom pieces with what I considered a smelly, oily cloth. The salesman laughed at me, when I remonstrated. And after watching the man working I was convinced. It takes the dirt and stains off as if by magic, and with far less work. I came home immediately and tried it on my own white paint.

Soap is also valuable for use in lubricating. A squeaky chair treated with fine particles of soap in the cracks will cease to squeak. Bureau drawers, also, are sometimes better treated with small particles of soap than with oil. M. M.

* * *

## Chicken Fat for Pie Crust

No pie crust can compare with that made from chicken fat. French chefs use it, but the average cook would laugh at you or call you stingy, if you suggested using it.

Your French chef skims the fat from the water in which chicken, or any fowl has been boiled. The easiest way to do this is to set the kettle containing the broth in a cold place where the fat will harden and can be readily removed. This fat he then places in a pan and puts either in the oven, or on the back of the stove, until the fat is rendered, when he carefully pours the clear fat into a bowl and it is ready to use.

If the fat has been removed before the chickens were cooked, the chef puts the raw fat into a pan and tries out the fat in the oven, or on the stove, in the manner we have just described for the cooked fat.

The dough left over from the pie crust will keep until the next baking, if it is put in a bowl and the chicken fat poured over it. B. W. D.

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Then send us 10 cents in postage, and we'll send you "The Calendar of Dinners", containing 365 complete dinner menus—one for every day in the year—and 615 recipes for appetizing dishes that will add zest to your meals. Marion Harris Neil, who wrote this book for us, also gives the correct instructions for all kinds of cooking—weights and measures—cooking time tables—and everything a cook possibly can want to know to make her meals successful. 231 pages, attractively bound in cloth. Illustrated. Send for a copy *now*. Address Department A-2, The Procter & Gamble Co., Cincinnati, Ohio.

All food actually gains in flavor, in wholesomeness, and in digestibility, when you use this modern, economical, vegetable cooking fat.

You need no other cooking fat when you have Crisco. Use it for all kinds of cooking. It is so rich that less is required.

## *Make pastry with Crisco*

—and your pie crust will be so flaky and tender that it will melt in your mouth. And, best of all, people who ordinarily cannot eat pastry find Crisco pastry and biscuits and short-breads perfectly and easily digestible. This is because Crisco is simply wholesome vegetable oil, hardened by a special process to proper shortening consistency.

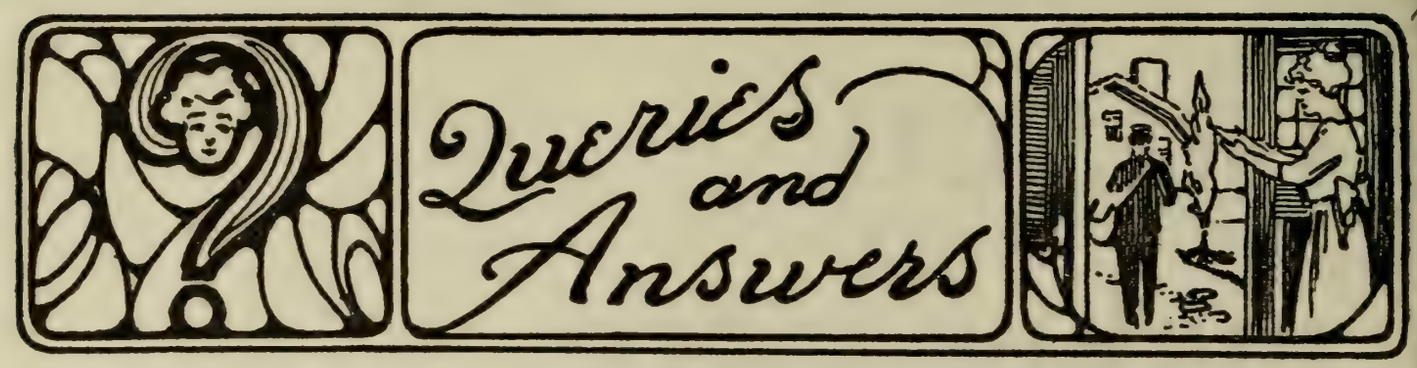
## *Make cake with Crisco*

Crisco is so white, so pure and so delicate that it is a delightful enrichment for cakes. Just add a teaspoonful of common salt for every cupful of Crisco, and your cakes will taste as if made with butter. Crisco gives white cakes a snowy, feathery texture that makes them look as delicious as they taste.

## *Fry with Crisco*

—and your kitchen will be free from acrid smoke and odor, because Crisco is odorless, and does not smoke at frying heat. Fried things taste better, too, because Crisco coats them instantly with a protecting crust that keeps all the fat out and all the flavor in. Since Crisco itself is tasteless, you enjoy the full natural flavors of the food, without the slightest greasy taste. There is no waste to Crisco frying, because you can strain all the left-over fat and use it again and again. It retains no taste of anything—even onions—that has been cooked in it.

PROCTER & GAMBLE PRODUCTS · EST. 1837 ·




THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. For menus, remit $1.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 4109. — "Will you kindly give me a recipe for a sweet, spongy Cheese Cake, which probably has in it cottage cheese?"

There are so many entirely different kinds of cakes called "cheese-cakes" — even when there is not a particle of cheese in them, that we will give you recipes for three distinctive kinds, in the hope that the cake you mean will be among them; or, if not, that you will find something just as good.

## Cheese Cake No. 1

Work one cup of butter or margarine into two cups and one-half of flour, previously sifted with two teaspoonfuls of baking powder. Beat the yolks of four eggs into one-half pound of cottage cheese, until the two are blended. Stir the flour into this, and add the whites of four eggs, stiffly beaten, and one-half cup of sugar. Bake in a shallow pan in a moderate oven, or in muffin tins if preferred.

Sometimes one-half cup of grated hard cheese is mixed with the flour; sometimes it is scattered over the top of the cake after it is put into the oven. It may be omitted if you like.

## Cheese Cake No. 2

Make a chou-paste by boiling together, with constant stirring, four tablespoonfuls of butter, four of flour, two of sugar, and one-half teaspoonful of cinnamon in one-half cup of water until the mixture leaves the sides of the saucepan and forms a stiff ball. Remove from fire, and beat into this, one at a time, three eggs, not previously beaten. Continue beating until the mixture will hang from the fork, but not drop, and a sharp knife, drawn through it, comes out clean. Many fail in making a good chou-paste through not observing these rules. Also be sure that the mixture has not lost all its heat by the time the last egg is added. When the paste is finished, spread one-half in a layer on a baking tin, cover with cottage cheese, or hard cheese grated, spread the remainder of the paste over this, and bake in a rather quick oven for one-half hour, or until well puffed up and brown.

## Cheese Cake No. 3

This is an English recipe, for the famous "lemon cheese cakes" offered in the tea-rooms of Oxford and other cities.

Blend six tablespoonfuls of flour with six tablespoonfuls of milk to a smooth paste, and stir into two cups of boiling milk. Cook until thick and smooth. Add six tablespoonfuls of sugar, six of butter, one-fourth a teaspoonful of grated nutmeg, and the grated yellow rind of one-half a lemon. Stir quickly into this four slightly beaten eggs; pour into small molds lined with puff-paste, and bake twenty minutes in a quick oven.

---

QUERY No. 4110. — "Will you give me some instructions for making Deviled Dishes?"

Deviled dishes are usually, though not always, réchauffés, and are made from the drumsticks of turkey or fowl, from



# Hens hadn't gone on strike in those days

Think of the shock the housewife of today would get were she to open a cook-book to a recipe for a simple cake and read "Take twenty-two eggs"!

Recipes calling for as many as thirty-six eggs, and even "common biscuits" using six eggs were no novelties to the home maker of the olden days!

But now, thanks to careful study and persistent research in science, delicious cakes can be prepared without depending on a large quantity of precious eggs to make them light and digestible. Especially is this true with the use of Ryzon, the Perfect Baking Powder, which is the latest chapter in the history of leavening agents. It is accurate, scientific, economical and absolutely dependable.



*The Ryzon level measure*

*Ryzon is packed in full 16 ounce pounds—also 25c and 15c packages. The new Ryzon Baking Book (original price $1.00), containing 250 practical recipes, will be mailed, postpaid upon receipt of 30c in stamps or coin, except in Canada. A pound tin of Ryzon and a copy of Ryzon Baking Book will be sent free, postpaid, to any domestic science teacher who writes us on school stationery, giving official position.*

**GENERAL CHEMICAL CO.**
**FOOD DEPARTMENT**
**NEW YORK**




**RYZON**
**THE PERFECT BAKING POWDER**

left-over game or any other meat, or from veal or lamb kidneys. The name "deviled" is used on account of the hot, high seasoning. Two kinds of deviled dishes are recognized, the so-called "wet devils," and the "dry devils."

## "Wet Devils"

Score cold turkey drumsticks, uncooked veal kidneys, or any other meat with a sharp knife, making rather deep incisions. Rub into the cuts dry mustard, mixed with pepper and salt, and broil until brown over clear charcoal. Place on platter in warming oven, and prepare the following sauce:

## Sauce for "Wet Devils"

Allow for each drumstick or kidney the following: Two tablespoonfuls of flour stirred into one tablespoonful of butter, and cooked the same as white sauce with five-eighths a cup of brown stock. Add one teaspoonful, each, of the following: Worcestershire sauce, mushroom or tomato ketchup, chili vinegar, and thick (made) mustard. Stir all well together; pour over drumstick, and send to the table smoking hot.

## "Dry Devils"

Score drumsticks, kidneys, etc. as before, rub in pepper and salt, cover with a thick coating of very stiff made mustard, to which a pinch of cayenne has been added, and cook on very hot pan, turning frequently until brown.

---

Query No. 4111. — "Is there any objection to adding Baking Soda to the water in cooking beans or cabbage, or to using Baking Soda in making tomato bisque, to keep it from curdling?

"Also, is it right to use a little Baking Soda in cooking tart apples? It lessens the tartness and is a sugar-saver."

## Baking Soda in Cooking Vegetables and Fruits

We are especially pleased that you asked this question, thus giving us a chance to put you right on a matter of some importance.

The baking soda will soften the water in cooking beans or cabbage, and the vegetables will cook quicker and more thoroughly, but the alkali has a destructive effect on the vitamines present in these vegetables, and in all fresh foods. Scientists tell us that these vitamines are more important to nutrition than the foods themselves are when deprived of them, and that we lose the good of the food, if the vitamines are destroyed. Try adding a little vinegar to the water for beans or cabbage; this will soften them quite as well, and our friends, the vitamines, are not injured by acids, only by alkalis.

Also, you can make tomato bisque with entire success, without the use of soda, if you cook the sifted tomato-pulp first with the flour and butter, making a thick paste, and then add the hot milk and stir hard until the whole boils. Do not be alarmed, if queer things happen in the soup kettle on the addition of the milk — which, by the way, should be made all at once, and not by degrees — but go on stirring all the harder, until the ropiness disappears, and you have a good, smooth soup. The acid "edge" of the tomato may be removed by adding one teaspoonful of sugar to every pint of soup. The addition of this small quantity of sugar, too small to be perceived by the taste, is one of the secrets of fine cooking. But the moment a sugary taste can be perceived, the cooking ceases to be "fine."

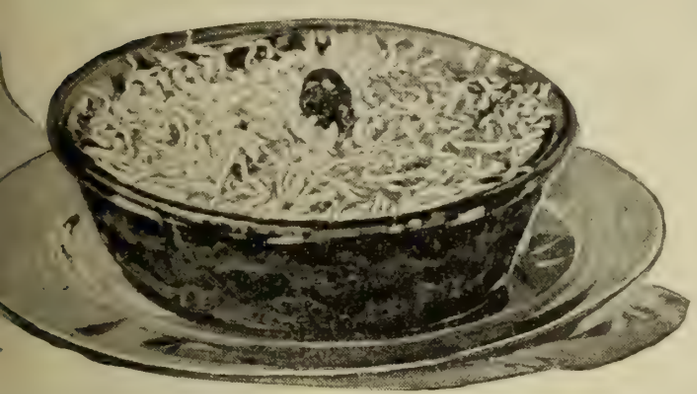
Sour apples, if cooked very slowly, and for a long time, will develop sweetness through the chemical action of the heat and the acid. This is another of the little secrets of cooking any fruit, fresh or dry. The prolonged application of a low temperature will actually develop sugar in the fruit, and the longer you cook it at a low temperature the sweeter will the apple sauce be, or the baked apple, or the stewed prunes. We demonstrate this in cooking schools by dividing an apple into two parts, cooking one part quickly, and the other part very, very slowly and for ever and ever so long. The difference is surprising.

# Simple Desserts *with* Cocoanut



**COCOANUT BLANC MANGE**

A delicious and easily made dessert served with lemon sauce.



**COCOANUT PRUNE DELIGHT**

Prunes, cocoanut, sugar, and flavoring are all the ingredients necessary to make this wholesome pudding.

PLEASING variety, delicious flavor, and wholesome food value may be added to many simple desserts by the use of Dromedary Cocoanut.

Dromedary Cocoanut is fresh, moist, and clean. It has the flavor of the fresh-opened nut—and you have none of the trouble of grating.

Use what you need from the "Ever-Sealed" package, replace the cover—and the remainder will keep fresh until next time.

***Every package contains Guarantee***

Write for the *latest* Dromedary Cook Book. It contains suggestions for many appetizing desserts and other uses of Cocoanut, Dates and Tapioca. **Free** upon request.

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**COCOANUT ORANGE JELLY**

Only one of the many novel recipes in our new Dromedary Cook Book.

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FRESH
KEEPING
COCOANUT

QUERY No. 4112. — "I followed the enclosed recipe for Chicken Timbales carefully, but in cooking it collected about two cups of water, making the mold fall flat, and it looked bad when turned out. Should double cream be used?

"Will you please repeat the recipe for Rolled Almond Wafers?"

## How to Cook Timbales

In following the recipe you enclose, or any recipe for timbales, note that the mixture should be cooked exactly according to directions, which in this case are: "In *small*, well-buttered molds, standing on many folds of paper, and surrounded by boiling water." This means oven poaching. The pan in which the timbales stand should be filled with boiling water and set into the oven, until the timbales are firm to the touch in the center, not a moment longer. We think your trouble came from cooking the recipe in a single large mold. At least this is what we gather from your letter. If cooked in a large mold, the cream should have been first made into a white sauce, by cooking with four tablespoonfuls of flour, blended to a smooth paste with a little water, until thick. Then the chopped chicken should have been added, then the whites of the eggs.

For cooking, according to the directions, in small individual molds, the unbeaten egg-whites should have been very thoroughly mixed, first with the chopped chicken, then this mixture with the cream. You are in this case depending on the egg-whites to do all the work of stiffening; to do this they must be mixed through the whole thing, and then cooked barely enough to solidify. Any mixture containing egg, and no flour, will "whey", if cooked for a minute longer than necessary, or if let stand after cooking.

No, thick cream need not have been used, only medium. We hope you will try this recipe again. These timbales are exceedingly delicate, and success in making them will be found simple enough.

## Rolled Almond Wafers

Cream together one-half cup of butter and one cup of powdered sugar. They should form a perfectly smooth and glossy paste. Add to this, drop by drop, so as not to alter the texture, one-half a cup of milk, and one teaspoonful of vanilla extract. Gradually stir in two cups of sifted pastry flour. Spread this mixture with a broad-bladed spatula on the greased inverted bottom of a large tin cake pan, in a layer not more than one-eighth an inch thick. Mark into sections three inches square, and bake in moderate oven for five minutes, or until a light brown. Quickly cut the squares apart, and while still warm sprinkle with fine-chopped almonds, and roll into tubes one inch in diameter.

---

"There's talk of abolishing the nickel." "That shows that as a people we have no sentiment." "How so?" "Why, if we had, we would keep it if only as a reminder of the good old days when we could buy something with it." — *Judge.*





Wheat Grains as they grow

**Actual Size**
of Puffed Wheat grains is eight times normal wheat — all due to steam explosion.



# Witching Foods

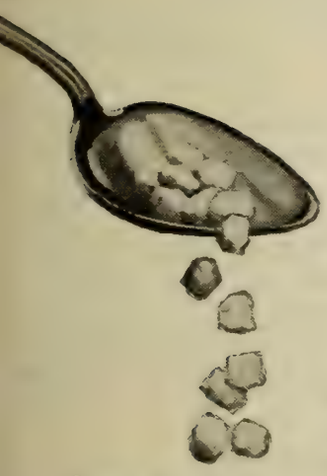
## But Also Scientific

These bubble grains — flimsy, flaky, toasted — seem simply tidbits to enjoy.

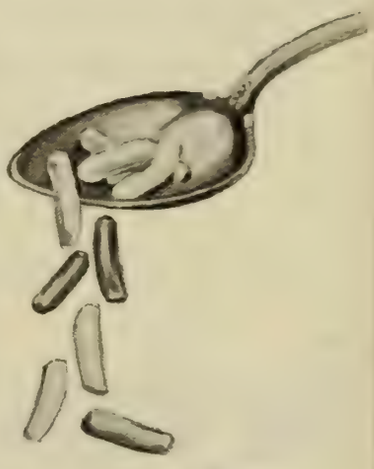
They seem to breakfast what dessert is to a dinner — a delightful garnish.

But that's a wrong impression.

Puffed grains were invented by Prof. A. P. Anderson — a scientific man. And there's deep reason for them.



Corn Puffs



Puffed Rice

### To Make Whole Wheat Digest

Take wheat, for instance — a premier grain. Nature stores minerals in the outer coat, and other needed elements. Without them children suffer.

Yet that outer coat, under usual methods, goes largely undigested.

Prof. Anderson's method applies to wheat an hour of fearful heat. Then the grains are shot from guns. Thus 125 million steam explosions are caused in every kernel. And every food cell is so blasted that it easily digests.

Thus every atom feeds. This whole-wheat food means whole-wheat nutriment.

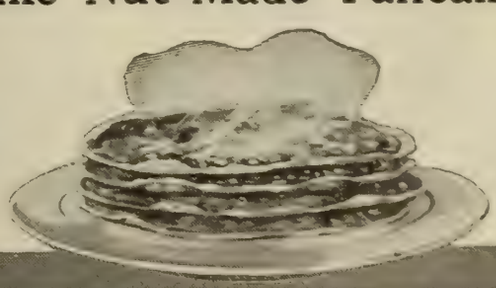
So with Puffed Rice — so with Corn Puffs. The food cells are all broken. The result is airy, nut-like globules — fascinating foods. But also foods which yield their precious elements.

**Puffed Wheat  Puffed Rice  Corn Puffs**

**Also Puffed Rice Pancake Flour**

## Like Nut-Made Pancakes

Our food experts, after countless tests, have made an ideal pancake mixture. And they mix in it ground Puffed Rice. The result is flaky pancakes and a very nut-like taste. The finest pancakes ever served are made with Puffed Rice Pancake Flour. Try it. The flour is self-raising, so you simply add milk or water.






Nothing Finer for

Cod Fish Cakes
Creamed Fish
Fish Chowder
Fish Hash
Fish Soufflé

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Fish Flakes

**Only the firm white meat of choicest Cod and Haddock —cooked and ready for instant use. Direct from the sea to you and immediately obtainable at your grocer's.**

"Good Eating," a book of recipes, will be sent free upon request.

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# The Silver Lining

## Landscape, Signscape, Escape

They went together for a stroll,
And he possessed a poet's soul,
But hers had failed to reach the goal;
  She had a normal mind.
"By yonder brook is mint," quoth he;
Some words upon a board, saw she,
And so she murmured dreamily,
  "The DOUBLE FLAVOR kind."

"Ah, see!" he cried, "that tender flower
That blooms to brighten this sweet hour!"
"Which kind? GOLD MEDAL on that tower,
  Or PANCAKE here?" she said.
"And look at browsing kine!" said he.
She saw but wooden MALTED three,
And BULL of DURHAM pedigree.
  Said she, "You've been misled."

At night, "O'er yonder bush," he cried,
"The moon keeps watch!" The shrub she spied
Was marked ANHEUSER. By its side,
  A DOLLAR WATCH was kept.
'Twas thus upon that quiet scene,
Naught in his view would come between;
But she would let a RUSTLESS SCREEN
  Her vision intercept.

He let his love for her decline,
And laid it at another shrine,
Where there was never any *sign*
  Of aught but love, to vie.
And so his erstwhile love was free;
And all alone she strolled the lea,
But murmured on yet pensively,
  "Ah! THERE'S A REASON why!"

— *Blanche Elizabeth Wade.*

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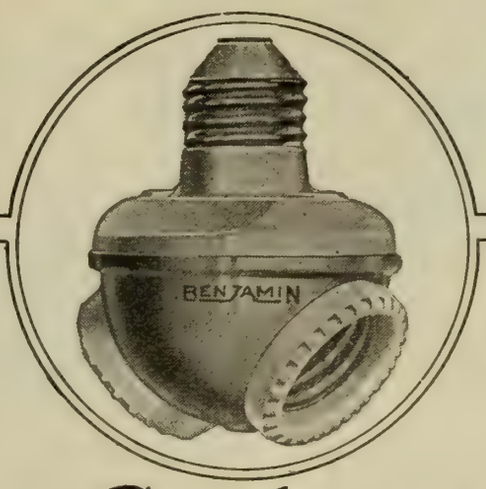
## Parliamentary

A Member of Parliament called another an ass in the sacred precincts of the House. Unparliamentary language being forbidden, the offending M. P. had to apologize and withdraw his statement. He didn't like doing it. "I withdraw," he said very stiffly; "but I maintain that the honorable member is out of order." "How am I out of order?" asked the other man heatedly. "Probably a veterinary surgeon could tell you," was the retort.

---

## Forever and Ever

St. Peter looked with wonder at the two rusty coppers which the passing soul had dropped into his hand. "Why, my good man," he asked, "what is this for?"




# Turn One Socket into Two

Don't put up with single lights just because you have single sockets. Enjoy the added convenience of an extra lamp whenever and wherever you want it. The

**BENJAMIN TWO-WAY PLUG**

gives any electric light socket two outlets. Makes all your electrical appliances easier to use. You need not bother to remove light bulbs. And you can use light *with* appliance if you wish. Millions in successful use. Folder free on request.

**Every Wired Home Needs Three or More**

***At Your Dealer's***

**3 *for* $3.50**
**OR $1.25 EACH**

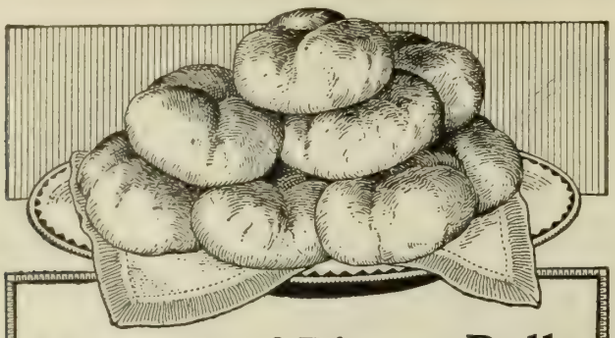
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**BENJAMIN ELECTRIC MFG. CO.**

**Chicago** **New York** **San Francisco**



*Benjamin No. 2450 Shade Holder enables you to use any shade with your Two-Way Plug. Price 15 cents.*
*Benjamin No. 903 Swivel Attachment Plug screws into any electric socket without twisting the cord.*



**Clover-Leaf Dinner Rolls**

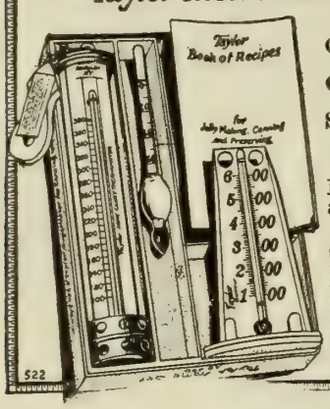
"—And let rise in a place between *80°* and *90°*. Bake at *480°*."

That is the modern scientific way of reading recipes. Not "let rise in a warm place," not "bake in a 'slow,' 'moderate' or 'hot' oven" but —the *exact* temperatures in unmistakable figures. Get the three Taylor Recipe Books and see how it's done.

They'll show you the modern way—the chef's way—the only safe and sure way to cook. And they'll save you no end of fuel waste.

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Oven Thermometer, **$1.75**
Candy Thermometer, **1.50**
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The three for **$4.25**

Prices in Canada and Far West proportionately higher.

If your dealer can't supply the **Taylor Home Set** or will not order for you, mail $4.25 direct to us with dealer's name and it will be sent prepaid.



**DEERFOOT FARM SAUSAGE**

**Made in the same old-fashioned way. Only the tenderest, leanest parts of the pig—chopped not too fine—with spicy herbs to lend piquant flavor—that's the genuine.**

Flavor and quality have made Deerfoot Farm Sausage famous. Be sure you get the genuine.

We prize the name Deerfoot too highly ever to let it stand for anything but the best.

**No other sausage has that distinctive taste. And you may be sure that everything that goes into the making of Deerfoot Farm Sausage is of the highest quality.**

**Sold in 1-pound links in parchment packages; 1-pound boxes of sausage meat and 2 and 4 pound bags of sausage meat.**

**SOLD BY ALL GOOD DEALERS**

**DEERFOOT FARM, SOUTHBOROUGH, MASS.**

"War tax," murmured the soul gloomily as it passed through the heavenly gates.

— *San Francisco Argonaut.*

## Influence

The high-school teacher was giving a review biography of John Milton. "His life influenced a great many of his poems," she told the class, "and Milton had a very unhappy life indeed. His first wife and he were very unhappy." She talked a few minutes and then asked, "Now what poem did this unhappy marriage cause him to write?"

"Paradise Lost," came back from one of the listeners. — *Indianapolis News.*

---

One of the Nantucket stories is about Maria Mitchell, a native who became a great astronomer. This famous woman was once told by a man that he did not think a woman was fitted for the irregular hours which the night work in astronomy necessitated. "Sir," Miss Mitchell replied, "my mother had more night work than astronomy will ever demand of any woman; she brought up eight children."

---

"I guess we'll cut out that line of my speech," said the Senator, "about my being a public servant." "It is a good old phrase." "Yes, but 'servant' has an unpleasant sound as household relationships go just now."

— *Washington Star.*

---

Good, absent-minded Doctor Wilder was greatly dependent upon his practical wife. One morning Mrs. Wilder sent up an announcement after he had entered the pulpit with a footnote intended to be private. "The Women's Missionary Society," he read aloud, "will meet Wednesday afternoon at three o'clock sharp. Your necktie is crooked; please straighten toward the right."

---

"What do you think of the two candidates?" "Well, the more I think of it the more pleased I am that only one of them can be elected."

— *Michigan Gargoyle.*

# The Wonderful Story of the Tin Can



IF the tin can has been to you a common thing of commonplace service, think that way of it no longer. Think of the tin can for what it *really* is—a wonder of the times. Think of it as a monument to patient achievement in our personal interests.

Once the tin can lay inert in the Earth in its original elements, awaiting the hand of man that should bring it forth.

What a tribute could be written to what Earth holds in trust for her people! How she holds in one hand the secret of fruit and vegetable! How she holds in the other the no less wonderful secret of the means that shall carry her bounty to any table—anywhere—any time of the year.

Production of more than Six Billion cans annually for the canned food output of America is significant of the development of the tin can industry, and of the canned food industry, as well, which makes all these millions upon millions of cans necessary. The imagination is staggered by it. Expressed in terms of tables supplied, and of individuals served, it is almost beyond belief.

The "tin" can is a steel can, coated with tin. It is a product of science, of scientific research by hundreds of specialists who have studied every step of evolution beginning with analysis of the steel itself.

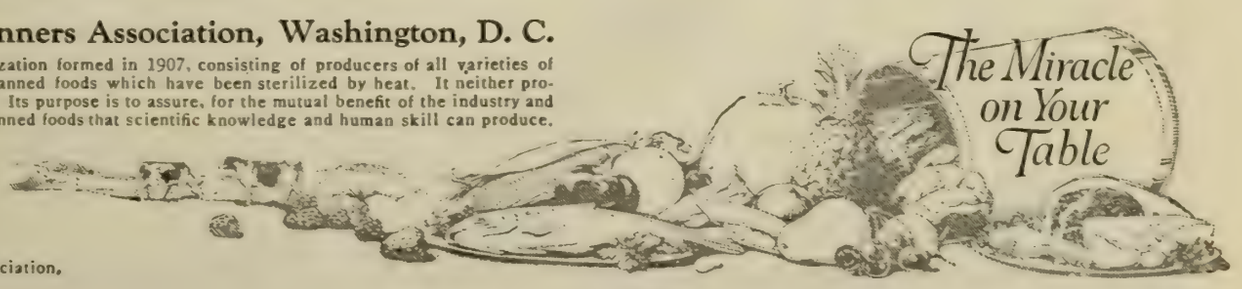
For example, over a period of years, picked men from the laboratories of four great organizations united in the common effort of developing the tin container. These were the laboratories of steel manufacturers, tin plate manufacturers, can manufacturers, and the National Canners Association.

Special "heats" of steel were experimented with, foods packed in the cans produced from the steel, and the results recorded with scientific accuracy. The thickness of the tin coating became a matter of scientific determination. Methods of sealing and imperviousness of joints are subjects of closest scientific scrutiny.

The tin can unquestionably is the safest, most practicable and scientific food container that human skill and ingenuity have been able to devise.

**National Canners Association, Washington, D. C.**

A nation-wide organization formed in 1907, consisting of producers of all varieties of hermetically sealed canned foods which have been sterilized by heat. It neither produces, buys, nor sells. Its purpose is to assure, for the mutual benefit of the industry and the public, the best canned foods that scientific knowledge and human skill can produce.




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A tasty spread for biscuits, bread, French toast and other eats. Unequalled on

WAFFLES
PANCAKES
GRAPEFRUIT

—it has the real flavor from the maple grove. Makes fine cakes, puddings, frostings, etc. Try it—now.

**New England Maple Syrup Co.**
WINTER HILL :: BOSTON, MASS.
*Write for Uncle John's Recipes—Free*

**Cream Whipping Made Easy and Inexpensive**

**CREMO-VESCO**

**Whips Thin Cream
or Half Heavy Cream and Milk
or Top of the Milk Bottle**

It whips up as easily as heavy cream and retains its stiffness.
Every caterer and housekeeper wants CREMO-VESCO.
Send for a bottle today.

Housekeeper's size, 1½oz., .30 prepaid
Caterer's size, 16oz., $1.00 "
(With full directions.)

**CREMO-VESCO COMPANY**
631 EAST 23rd ST., BROOKLYN, N. Y.

## The Joyous Turnover

*Concluded from page 509*

we more than often neglect them in our home-cooking. Why? Because of a mistaken idea that they are not easy to make. But nothing is difficult if done in the right way.

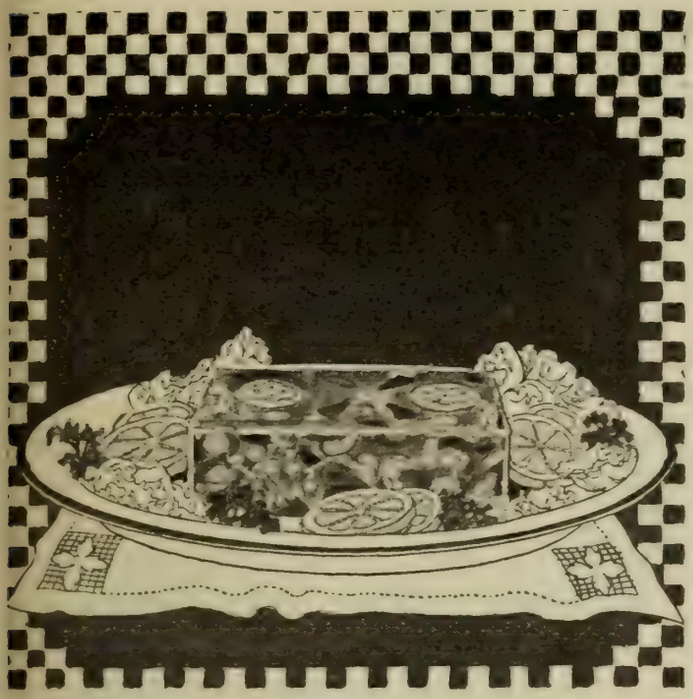
In making well-behaved turnovers, that do not spill themselves to nothing but sticky crust in the process of cooking, there is one simple precaution to take: pat the edges well together. In order to do this thoroughly, wet the finger-tips in cold water and with them moisten the edge of one-half the round of pastry dough, after it is cut to receive the filling. Place the filling on this half, turn the other half over to meet the moistened edge and pat down with floured fingers.

The top of a pound coffee-tin is just a good size for a turnover cutter, and the upper half, of those to be baked, may be decorated with tiny holes in fanciful arrangement if so desired — eyes, nose and mouth please the younger members of the family, and be sure that the mouth corners turn up so that they will be always smiling.

And here is a quick pastry recipe, which has proved faithful throughout many turnover trials:

*Pastry for Turnovers.* — One heaping cup of flour; one-half teaspoonful of salt; one-half teaspoonful of baking-powder; and eight level teaspoonfuls of lard or compound for baked, or six for fried, turnovers. Cut the shortening into mixture of flour, salt and baking-powder, until it lumps the size of small peas throughout; add enough very cold water to work to a stiff, dry dough; roll to a thickness of one-eighth inch, and cut into large rounds. In filling, exercise the precaution noted above.

*Dessert Turnovers.* — Add a touch of "heartiness" to a fish or vegetable dinner. They may be made of a rather dry mince-meat, apple or cranberry sauce, apple-butter, or left-over bits of jelly or jam, and should be baked.



# *A Salad for Supper*

Winter salads are a problem—Cox's Gelatine simplifies it. Here is something new:—

### A TUNA OR SALMON SALAD

1 envelope COX'S INSTANT POWDERED GELATINE
¼ cup cold water — 2½ cups boiling water
¼ cup lemon juice — 1 large can Tuna Fish or Salmon
½ cup chopped pimentoes or olives

Soak Gelatine in cold water; add boiling water and when dissolved add lemon juice and allow to cool, but not get cold. Pour layer into wet mold; when set, add layer of fish seasoned to taste, a layer of olives; pour in enough Gelatine to set mixture—and so on in layers until mold is filled. Chill, serve on lettuce with dressing.

Unsweetened and unflavored, Cox's makes no end of nourishing and attractive foods, easy to prepare and dainty to serve.

Nourishing soups, tempting savories and salads, delightful desserts are sure to succeed if Cox's Gelatine is used.

Always have the little checkerboard box of Cox's Gelatine on hand, and send now for a free copy of the Cox Manual of Gelatine Cookery.

**COX'S**
Instant Powdered
**GELATINE**

**THE COX GELATINE COMPANY**
**Dept. D, 100 Hudson Street, New York**



## "Perfectly Delicious"

That's what a well-known cook said about a fruit jelly made with Bee Brand Gelatine. Besides preparing any number of sweet and savory jellies from Bee Brand Gelatine you can make delicious blanc mange, frozen custard, ice cream, sponges made with eggs and a score of other delectable desserts. You can also use it for soups, gravies and jellied meats.

**Bee Brand**
**GELATINE**

requires no cooking — is easily prepared — makes exceedingly nutritious foods for invalids and children.

Bee Brand Gelatine was selected by the Professor of Domestic Science at Columbia University as the very best in purity and quality.

Order a supply from your grocer and keep it on hand.

Every box contains a convenient little book of famous old Maryland and Virginia recipes.

**McCORMICK & CO., Baltimore, U.S.A.**
**Importers and Manufacturers**




*Free Booklets containing many interesting facts concerning spices, teas and flavoring extracts sent on request. Our* ***Bee-Brand Manual of Cookery*** *will be mailed you on receipt of 50c in coin or stamps.*

PRICE'S VANILLA






You stir a delicious "melt-in-your-mouth" taste into your cake when you use Price's Vanilla. Just the pure juice from the finest vanilla beans and aged in wood — nothing more, nothing less!

PRICE FLAVORING EXTRACT CO.
*In Business 67 years* Chicago, U. S. A.

**Domestic Science**
**Home-study Courses**

Food, health, housekeeping, clothing, children

*For Homemakers and Mothers; professional courses for Teachers, Dietitians, Institution Managers, Demonstrators, Nurses, "Graduate Housekeepers," Caterers, etc.*

"THE PROFESSION OF HOME-MAKING." 100 page handbook, *free.* BULLETINS: "Free-hand Cooking," "Food Values," "Seven-Cent Meals," "Family Finance."—*10 cents each.*

**American School of Home Economics**
**(Charted in 1915) 503 W. 69th St., Chicago, Ill.**




**8 Inches Square, 5 Inches High**
Would you like to be the best cake maker in your club or town? I teach you to make the most delicious Angel Food Cake, and many other kinds. I will teach you to make the same cakes that I make and

**Sell for $3.00 a Loaf—Profit, $2.00**

If you are a good cake maker, I'll make you a better one. Mrs. Lita Hannah, Penna., says: "I have made nine different kinds of cake by the Osborn System and they are wonderful. I made good cakes before but they are so much better since I learned the

**Osborn Cake Making System**

My methods are original; they never fail. They are easy to learn. You make a perfect cake the very first time. I have taught thousands of women to make better cakes; I can teach you. Write me today. Particulars FREE.

**MRS. GRACE OSBORN**
**Dept. L-2 Bay City, Michigan**

*Luncheon Turnovers.* — Will dress up, use up, and eke out small portions of meat. They may be made of chopped fresh meat, seasoned with salt and pepper, or of creamed meats, not too runny with gravy, and may be baked or fried. Serve them with boiled rice.

Do not cut vent-holes in the pastry of turnovers which are to be fried, for if any juice oozes into the fat, it will retaliate by sputtering. Best results come from frying in fat not over one-eighth inch in depth in the bottom of frying-pan. Keep, as nearly as possible, at a uniform smoking, but not burning, heat. When the turnovers are well browned on both sides, handle them quickly from the sizzling fat to dripping paper, and they will not be greasy. If an accumulation of burned flour is left in frying-pan, after the first lot is done, wipe clean — the fat will have been absorbed — with paper towel or other kitchen paper, before adding fresh fat.

*Cheese Turnovers.* — Fill pastry with grated or fine-cut American cheese, sprinkled with salt, mustard, and a dash of cayenne. Bake or fry.

*Queen of Turnovers.* — Stiffen ordinary fried-cake dough by working in a little extra flour; cut as for pastry turnovers; fill with gooseberry jam or currant jelly; fry in deep fat.

## Work and Save

In his comment on current events, Richard Spillane in *Commerce and Finance* has the following to say concerning the work of the women of America in their organized campaign for thrift and saving and against high prices:

"A wail is going up from the women these days owing to the poor quality of goods they get in the department stores and specialty shops and the low grade of workmanship.

"Stuff that ordinarily would not be handled by high class, reputable establishments now is put on the counters, and a price is put on it that is little short of




## *Like serving new discoveries every day*

When you're tired of the same old things and long for something new, let DEL MONTE Tomato Sauce add its inviting touch to your menu.

Made from red-ripe tomatoes, fresh peppers and pure seasoning ingredients. Adds zest and flavor to all kinds of cooking. Unexcelled for use in the preparation of meats, poultry, fish, fried oysters, fritters, omelets, macaroni, rice, beans, soups, salad dressings, cocktail sauces, etc.

And this appetizing sauce is so inexpensive—so easy to use. Many housewives refuse to be without it. Both in giving an attractive flavor to the cheaper cuts of meat and in putting new charm into "left-over" dishes, they find that it helps them to cut down their household expenses and serve better foods.

Keep a supply of DEL MONTE Tomato Sauce on hand for everyday use and send for our new book, ***"DEL MONTE Tomato Sauce Recipes"*** (Publication No. 689). It describes more than a hundred tempting uses for this product. It is free.

**Address Department R**
**CALIFORNIA PACKING CORPORATION**
**San Francisco, California**

**Other DEL MONTE Products that you should know:**
*Peaches, Pears, Apricots, Pineapple, Cherries, Berries, Plums, Asparagus, Spinach, Tomatoes, Catsup, Baked Beans, Orange Marmalade, Jellies, Jams, Preserves and many other food specialties*



*I'm Glad I Have Mapleine*

I find it the most welcome little bottle of flavoring whenever I want a cake frosting, pudding sauce, and many other dainties that require the delicious mapley taste we all like so well and

**MAPLEINE**
*The Golden Flavor*

Makes Delicious Syrup **Instantly**

*2 cups sugar, 1 cup water and half teaspoonful of Mapleine makes 1 pint of most excellent syrup.*

And for corn syrup flavoring or for flavoring the many cane syrups grocers sell, Mapleine is remarkable.

Mapleine contains no maple sugar, syrup nor sap, but produces a taste similar to Maple. Grocers sell Mapleine.

*Fine For Desserts*

**2 oz. bottle 35c**
**Canada 50c**



4c stamp and trade mark from Mapleine carton will bring the Mapleine Cook Book of 200 recipes, including many desserts.

**CRESCENT MFG. CO.**
**323 Occidental Ave.**
**Seattle, Wash.**

robbery. Sales persons are just as contemptuous and supercilious in their treatment of persons who are shocked over the cheap, poorly made articles put on sale at outrageously high prices as if it were a favor to permit a person to buy anything these times at any price.

"The truth of the matter seems to be that in most staple articles, either textiles or furniture or anything else, there is carelessness and profiteering, or worse, all along the line. Labor is slipshod, and manufacturers skimp in every possible way. The clothing people are particular offenders. They may not be responsible for the poorer quality of cloths, but they are responsible for poor workmanship on garments. They charge the poor quality of cloths to the mill men, and then excuse themselves for the poor workmanship on garments by saying labor is out of hand, and the employer who protests against anything is in danger of having a strike or a new demand for increased pay, so they have to bear the ills they meet and try to wait in patience for time to adjust conditions.

"But, if you are a friend, the clothing manufacturer will tell you in confidence he is having a very profitable year, the best, in fact, of his whole business career. Honesty in manufacturing and merchandising seems to be at a pronounced discount, more of a discount than the dollar is today.

"Here's Something Worth While. Four hundred thousand women of Pennsylvania, members of organizations affiliated with the National Federation of Women's Clubs, have pledged themselves to earnest economy in household and other expenses in the first three months of the new year.

**SEVEN-CENT MEALS** $1.50 per week per person: 42 meals with recipes and directions for preparing each. This 48 pp. Bulletin sent for 10c or FREE for names of two friends who may be interested in our Domestic Science Courses.

**Am. School Home Economics, 503 W. 69th St., Chicago**

Trade Mark Registered.
**Gluten Flour**
*40% GLUTEN*
Guaranteed to comply in all respects to standard requirements of U. S. Dept. of Agriculture.
Manufactured by
**FARWELL & RHINES**
Watertown, N. Y.

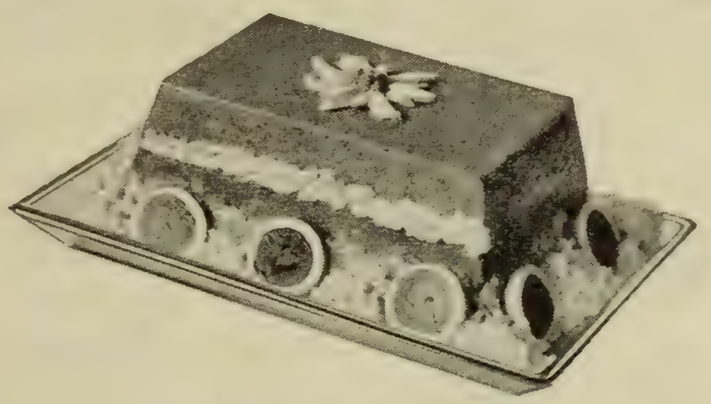
# Mrs. Knox's Page

## Devoted to Home Betterment

FROM time to time I shall use this corner to talk to the thoughtful, progressive readers of the AMERICAN COOKERY.

If you are interested in new ideas for serving more attractive and more economical salads and desserts, you are invited to write me for suggestions. Naturally, we will talk about the wonders of Knox Sparkling Gelatine, its endless uses and economy, many of which, perhaps, you do not know.

For instance: By combining a can of salmon with a cupful of rice and a tablespoonful of Knox Sparkling Gelatine — it has been my experience that the salmon will make twice as many servings as when served alone. Try this delicious Salmon and Rice Loaf. You will be delighted not only with its appetizing appearance, but with its economical features as well.



### SALMON RICE LOAF

**1 tablespoonful of Knox Sparkling Gelatine**
**¼ cupful of cold water**
**1 teaspoonful of salt**
**⅛ teaspoonful of pepper**
**1 can of salmon**
**1 cupful of cooked rice**
**¾ cupful of milk**
**1 tablespoonful of melted butter**

Soften the gelatine in the cold water and dissolve by adding the hot milk. Add the seasonings, salmon, rice and butter. Pour into a wet mold and let stand until set. This may be served cold on lettuce as a salad, or with a hot tomato sauce in place of meat at dinner.

Note: Any other fish or meat may be used in place of salmon.

## KNOX

**the "4-to-1" Gelatine**

Did you know that experts call Knox the "4-to-1" Gelatine? That is because it goes four times farther than ready-prepared packages, which serve only six people, compared to twenty-four servings which you get from one package of Knox.

### MRS. KNOX SPECIAL HOME SERVICE

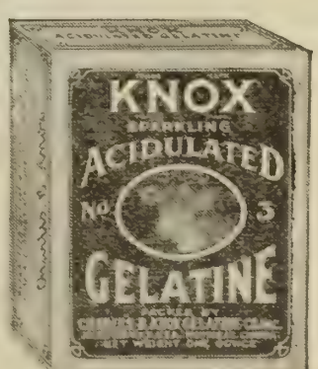
If you would like to know how to have a greater variety of economical desserts and salads for your home table, or know the secret of making left-overs into new and attractive dishes, write me for my recipe books "Food Economy" and "Dainty Desserts," which I will send you free if you will tell me the name of your grocer.




Any domestic science teacher can have sufficient gelatine for her class, if she will write me on school stationery, stating quantity and when needed.

"Whenever a recipe calls for Gelatine
— it means KNOX"

MRS. CHARLES B. KNOX
**KNOX GELATINE**
107 Knox Avenue, Johnstown, N. Y.



**SERVICE TABLE WAGON**



Large Broad Wide Table Top — Removable Glass Service Tray — Double Drawer — Double Handles — Large Deep Undershelves — "Scientifically Silent" Rubber Tired Swivel Wheels.

A high grade piece of furniture surpassing anything yet attempted for GENERAL UTILITY, ease of action, and absolute noiselessness. WRITE NOW FOR A DESCRIPTIVE PAMPHLET AND DEALER'S NAME.

IT SERVES YOUR HOME AND SAVES YOUR TIME. THAT IS PRACTICAL ECONOMY

COMBINATION PRODUCTS CO.
5041 Lunard Bldg. Chicago, Ill.



ROBERTS

**Lightning Mixer**

***Beats Everything***

Beats eggs, whips cream, churns butter, mixes gravies, desserts and dressings, and does the work in a few seconds. Blends and mixes malted milk and all drinks.

**Simple and Strong. Saves work—easy to clean. Most necessary household article. Used by 200,000 housewives.**

A USEFUL CHRISTMAS GIFT

If your dealer does not carry this, we will send prepaid quart size $1.00, pint size 75c. Far West and South, quart $1.25, pint 90c. Recipe book free with mixer.

**NATIONAL CO.** 165 OLIVER ST., BOSTON, MASS.

**SALAD SECRETS**

100 recipes. Brief but complete. **15c** by mail. 100 Meatless recipes **15c.** 50 Sandwich recipes **15c.** All three **30c.**

**B. R. BRIGGS, 250 Madison St., Brooklyn N. Y.**

USED DAILY IN A MILLION HOMES

**Colburn's** Red Label **Spices**

The A. Colburn Co., Philadelphia, U.S.A.

Every woman is to keep a detailed account of her daily expenses and study for every reasonable reduction in expenditures. Every woman will strive to conserve food, fuel and clothes and eliminate waste of material and goods and labor. Every woman will keep track of every cent that is saved. Every woman will invest every dollar saved in Government Savings Stamps paying 4.27 per cent interest and report to her state and city chairmen as to the saving.

"That's business. More power to those good women, and all honor to them.

"If the men of the nation would follow suit many of the ills from which we are suffering would end.

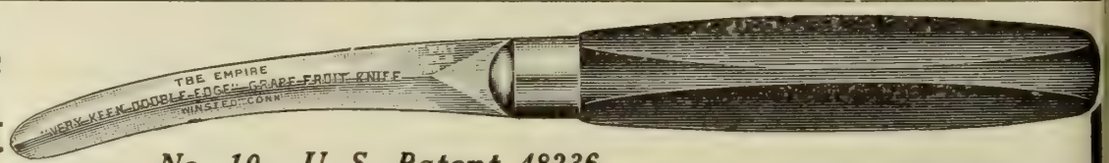
"There is a specific for the woes of the world. It is simple and known to all men but few accept it.

"What is it? Simply this: Work and Save. We do too little of each, and never was this so true as today."

*Commerce and Finance* also makes the following editorial comment:

"In a letter to Mrs. W. H. Winslow, president of the Chicago Woman's Clubs, Mrs. Cyrus H. McCormick asks the women 'not to forget that there is still an important responsibility upon them as women to continue war-time conservation and exercise their influence and their self-control to stem the tide of extravagance and help to avert a national crisis.' We hope this appeal will be heeded. The women's clubs of the United States exert a wide influence. If they will use it to make economy the fashion they will do a great service."

**A Perfect Knife for Grape Fruit**




***No. 10. U. S. Patent 48236***

The blade of this knife is made from highly tempered, high quality, cutlery steel, curved so as to remove center and to cut cleanly and quickly around the edge, dividing the fruit in segments ready for eating. An added feature is the round end which prevents cutting the outer skin. The popularity of grapefruit is growing so rapidly that this knife for time saving and handiness is a necessity. For sale at the best dealers. If not found with your hardware dealer we would be glad to send by mail, providing dealer's name is sent, with 50 cents, which covers cost of postage.

**THE EMPIRE KNIFE CO.** ***Sole Manufacturers*** **WINSTED, CONN.**

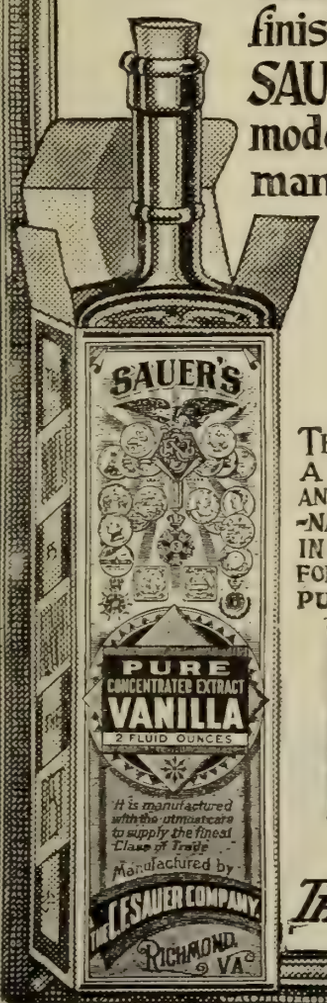
**Established 1856** *Trade Mark "EMPIRE" Registered U. S. Patent Office.*

# SAUER'S
## PURE FLAVORING EXTRACTS

**If you want the finest flavors — use SAUER'S**

**Because—**

SAUER uses only the purest ingredients.
SAUER exercises the utmost care throughout the process of manufacture
SAUER properly ages both raw materials and finished product before putting on the market.
SAUER'S is one of the most completely equipped, modern and sunny plants of any food product manufacturer in the United States.




## 32 FLAVORS and SAUER'S OLD VIRGINIA FRUITTI-PUNCH

THE NEW TEMPERANCE BEVERAGE AND ALL-ROUND FLAVOR. A REFRESHING DRINK WHEN PROPERLY MIXED WITH SUGAR AND WATER. DELIGHTFUL IN FRUIT PUNCH, MILK AND EGG COMBINATIONS, SHERBETS, ICES, ICE CREAM, PUDDINGS, CAKES—IN FACT IN ANY DESSERT. IT IS THE *ONE* FLAVOR THAT CAN BE USED FOR ALL PURPOSES. A 35¢ BOTTLE MAKES 40 GLASSES OF DELICIOUS PUNCH.

QUALITY HAS MADE *SAUER'S* THE LARGEST SELLING BRAND IN THE U.S.
QUALITY HAS WON FOR *SAUER'S* SEVENTEEN HIGHEST AWARDS FOR PURITY, STRENGTH AND FINE FLAVOR

(OFFERED IN 12 DIFFERENT SIZES TO MEET THE NEEDS OF EVERYONE. FOR SALE BY ALL GOOD GROCERS)

THE C.F. SAUER COMPANY, RICHMOND, VA.
ESTABLISHED 1887



# Real-Fruit Desserts

## With Fruit-Juice Flavors in Bottles

Jiffy-Jell brings you real-fruit desserts, not a mere fruity flavor.

Each package contains a bottle of liquid crushed fruit essence.

We crush the fruit, condense the juice and seal it in this vial. So you get the real fruit, rich in earthy salts. And the fragrance and the flavor are intact.

* * * * *

People need fruit daily. Here they get it — get the real fruit — at a trifling cost.

They get an abundance. We use half a pineapple, for instance, to flavor one Jiffy-Jell dessert. We crush the fruit in Hawaii — fruit too ripe to ship. The whole dessert costs you less than the fruit alone.




You get your choice of eight delicious fruits. Jiffy-Jell comes ready-sweetened and acidulated. So you simply add boiling water, as directed, then the fruit juice from the vial, and let cool.

One package serves six people in mold form, or twelve if you whip the jell.

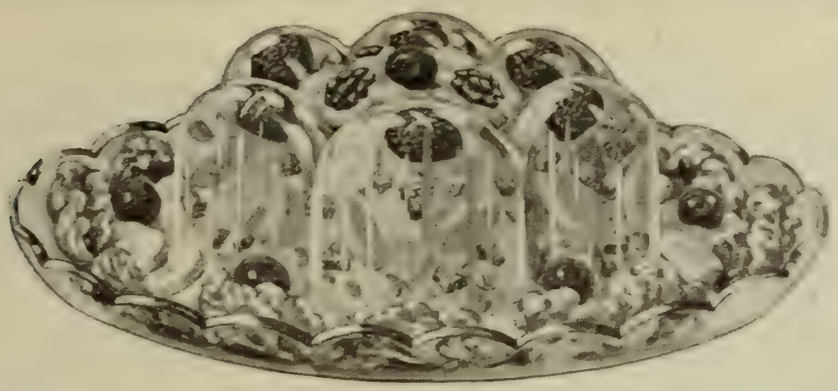
Compare this with the old-style gelatine desserts. It will be a revelation.

Then try Lime-fruit flavor to make a tart, green salad jell. Try Mint flavor in a mint jell to serve with meats.

One trial will change your whole conception of these healthful dainties.

# Jiffy-Jell

## The New-Grade Quick Gelatine Dessert



# Dessert Molds Free

We supply dessert molds to Jiffy-Jell users, so the desserts may look attractive.

There are six individual dessert molds in assorted styles. The six will serve a full package of Jiffy-Jell. This set in pure aluminum is valued at 60 cents.

We also supply a Jiffy-Cup for measuring. It holds exactly one-half pint. Fill twice with water to dissolve one package Jiffy-Jell.

This is also an exact cup as called for in many recipes. Ordinary cups vary in size. Markings show the fractions of a cup. You need it every day.

Buy Jiffy-Jell from your grocer. Send us the (JJ) trade-marks in the circle on the front of the package.

Send five trade-marks and we will send you the Set of Six Individual Molds. Send us two trade-marks and we will mail the Jiffy-Cup.

Get Jiffy-Jell now. Learn what it means to you. Try several flavors, including Loganberry, Pineapple, Lime and Mint. Then send us the circle trade-marks for the molds.

We will mail you with them a book of other molds which we also supply free. Some are pint dessert molds, some are salad molds. See which you want and get them.

Cut out the coupon now so you won't forget.



**Individual Dessert Molds**
**Six to the set in assorted styles of aluminum.**






**Jiffy-Cup**
**For measuring. An aluminum cup holding exactly ½ pint or one cup.**

# Jiffy-Jell

**10 Flavors in Vials** **Bottle in Each Package**

**Mint Raspberry Cherry**
**Loganberry Strawberry Lime**
**Pineapple Orange Lemon Coffee**

**Jiffy Dessert Co., Waukesha, Wis.** 530 **MAIL THIS**

Enclosed find..... (JJ) trade-marks from the fronts of Jiffy-Jell packages. Send me the molds I check.

.....Set of Six .....Jiffy-Cup

.....

.....

## Only 12,500 Rapids are included in this Price Drive! Act Quick!

Write me today for my special low price. I have made these offers before just as the department stores do. The big difference is that when you buy from me you get absolutely the rock-bottom factory-to-kitchen price. Try my



**Rapid Fireless Cooker**

for 30 Days at my risk. Saves fuel, time, labor, worry. Makes the cheaper cuts of meat more tender and delicious. Aluminum lined, full set of high grade aluminum utensils with each cooker. Try it in your kitchen before you decide. Send for my big Home Science Book FREE. Post card will do. Address

Wm. Campbell, Pres.
The Wm. Campbell Co.,
Dept. 173 Detroit, Mich.

## *Eat More Bread*

**Bread is the most important food we eat. It furnishes abundant nourishment in readily digestible form. The fact that it never becomes tiresome though eaten day after day, is proof of its natural food qualities.**

***Eat plenty of bread made with***

**FLEISCHMANN'S YEAST**

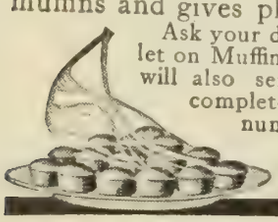



*For* "Good Luck" Bake Muffins and Bread Sticks in

## WAGNER MUFFIN PANS

THE even heat-retaining quality of Wagner Muffin Pans bakes muffins with a crisp, golden brown crust and a wholesome, light, evenly baked center.

Wagner Muffin Pans are made both in Cast Iron and Cast Aluminum. They are most durable. Come in many styles suited to the different kinds of hot breads. Using the right pan for each kind of dough improves the muffins and gives pleasing variety to meals.



Ask your dealer or write us for free leaflet on Muffin Pans and muffin baking. We will also send free booklet showing the complete line of Wagner Cast Aluminum Kitchen Utensils.

**The Wagner Mfg. Co.**
**Box 91 Sidney, O.**

## The Graduate Housekeeper

THE demand for expert assistance in private homes cannot be supplied. Salaries range from $60 to $100 a month, or more, with full living expenses, comfortable quarters, and an average of eight hours a day "on duty." *Trained* graduate housekeepers, *placed by us*, are given the same dignified social recognition as trained graduate nurses.

Here is your opportunity — our new home-study course for professional housekeepers will teach you to become an *expert* in the selection and preparation of food, in healthful diet and food values, in marketing and household accounts, in the management of the cleaning, laundry work, mending, child care and training — in all the manifold activities of the home. When you graduate we place you in a satisfactory position without charge. Some positions are non-resident, others part-time, and some in institutions.

The training is based on our *Household Engineering* course, with much of our *Home Economics* and *Lessons in Cooking* courses required. Usually the work can be completed and diploma awarded in six months, though three years is allowed. The lessons are wonderfully interesting and just what *every* housekeeper *ought* to have for her own home.

To those who enroll this month, we are allowing a very low introductory tuition, and are giving, free, our COMPLETE DOMESTIC SCIENCE LIBRARY, beautifully bound in three-fourths leather style. This contains our full Home Economics, Lessons in Cooking and Household Engineering courses — 4,000 pages, 1,500 illustrations, — a complete professional library.

Our reputation, and fifteen years of experience back this course. Your provisional enrollment is invited, *with no obligation or expense to you.*

AMERICAN SCHOOL OF HOME ECONOMICS,
503 W. 69th Street, Chicago.

Please enroll me, provisionally, for your new Graduate Housekeepers' Course. Send the "DOMESTIC SCIENCE LIBRARY" in six volumes, de luxe edition, with first lessons and full details. If satisfactory, I will send first payment of $5, five days after receiving the "Library" and subsequent payments of $5 per month until a total of $25 is sent in full payment, — for instruction, diploma and for all expenses. The "Library" becomes my property, and all membership privileges are to be included for three (3) years. If not suited I will return books, etc., in five days, at your expense and will owe you nothing.

NAME .....
(Miss or Mrs.)

ADDRESS .....

INFORMATION .....
(Age, schooling, experience, purpose, *reference*)



# When you make cake—

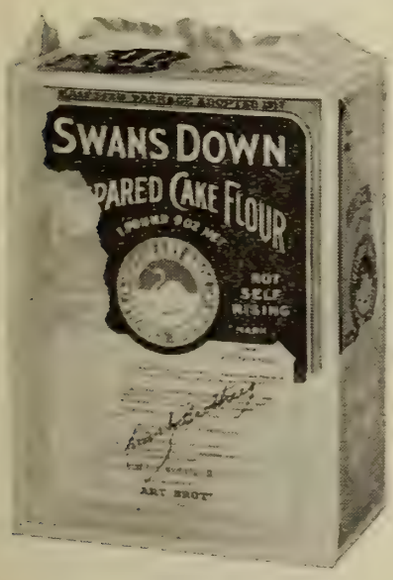
## SWANS DOWN
*Prepared (Not Self-Rising)*
## CAKE FLOUR
Preferred by Housewives for 24 years

It isn't the recipe that makes the cake!

If it were, you wouldn't hear so much about costly cake failures.

Flour is the foundation of all cake, and it takes a special cake flour to make a cake right. Domestic science experts all tell us this. Swans Down Cake Flour is prepared especially for cake baking, and makes lighter, whiter, finer, better cake—such as you will be proud to make. The amount used in one cake costs but a few cents, yet it has everything to do with the success of the cake. Soft and delicate grained, its results are wonderful always!

The old, reliable product—giving satisfaction for twenty-four years—Swans Down can be found at all best grocers.



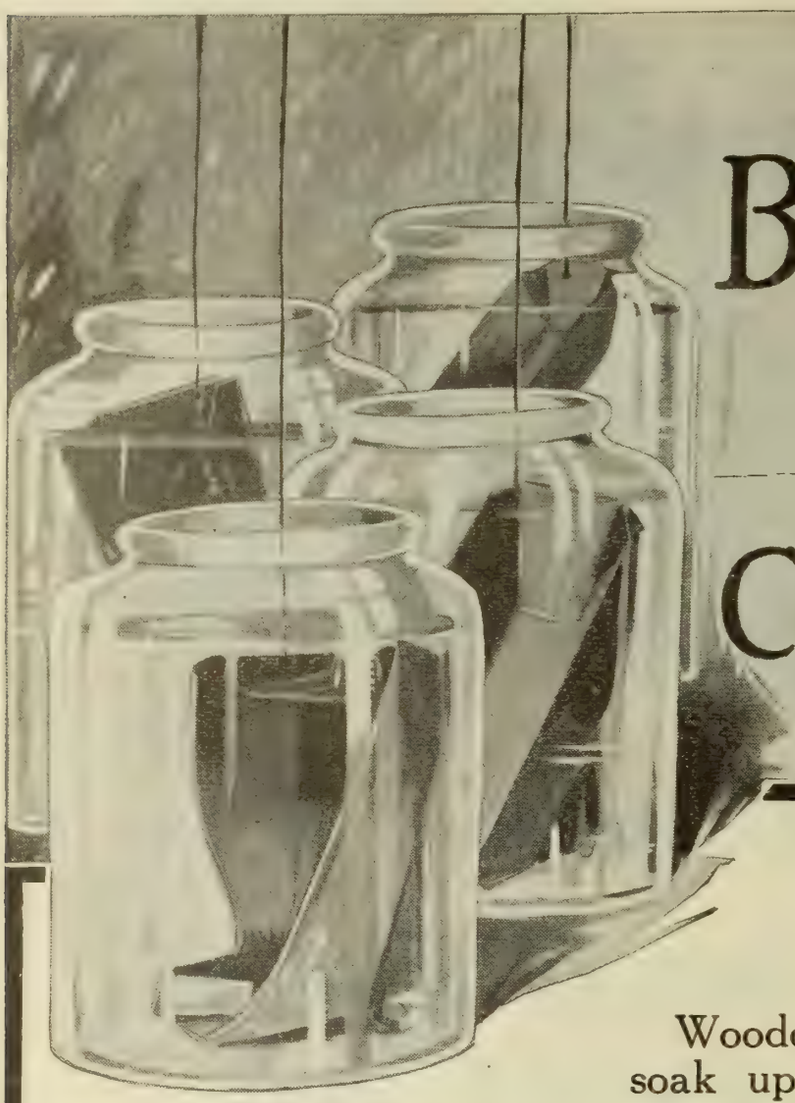

*Wax-Paper Wrapped*




Send 10 cents for the helpful new book "Cake Secrets" by Janet McKenzie Hill. Illustrated.

Swans Down makes delicious pastry and pie crusts. Attractive desserts. Study them in "Cake Secrets."

**IGLEHEART BROTHERS**
*Established 1856*
**Dept. AC EVANSVILLE, INDIANA**
**Also manufacturers of Swans Down Wheat Bran—Nature's laxative food**



# IS IT A BLOTTER OR A FOOD CONTAINER

Wooden Dishes do not excessively soak up and waste the food they contain.

You can get out of a wooden dish practically all the food that was put into it.

Containers made of soft and porous materials become saturated with food stored in them. When you scrape them you release particles of the materials from which they are made. There is an expensive waste.

Scientific experiment has revealed the amount of food wasted by absorption into the container.

If you are interested we will send you this laboratory data free.

## The Oval Wood Dish Company

Manufacturers of Riteshape Dishes

EASTERN OFFICE
110 W. 40th St.
New York City

WESTERN OFFICE
37 S. Wabash Ave.
Chicago, Ill.




# *For* BAKING-DAY *and* EVERY DAY

OF COURSE you can have this healthful, delightfully flavored regulative food whenever you want it—always ready to serve, thoroughly cooked. But what a wholesome full-flavored bran this is for your baking-day!

# *Kellogg's*
# KRUMBLED BRAN

For bran gems and bran bread, for muffins—and a big variety of wonderfully pleasing recipes—easy to prepare and decidedly healthful. They're all on the big Kellogg "wax-tite" package when you get it from your grocer.

You never tasted bran so good—*so different!* You're sure to enjoy its healthful goodness. Be sure you get the original Kellogg's Krumbled Bran, guaranteed by the signature of—

*W. K. Kellogg*

KELLOGG TOASTED CORN FLAKE COMPANY
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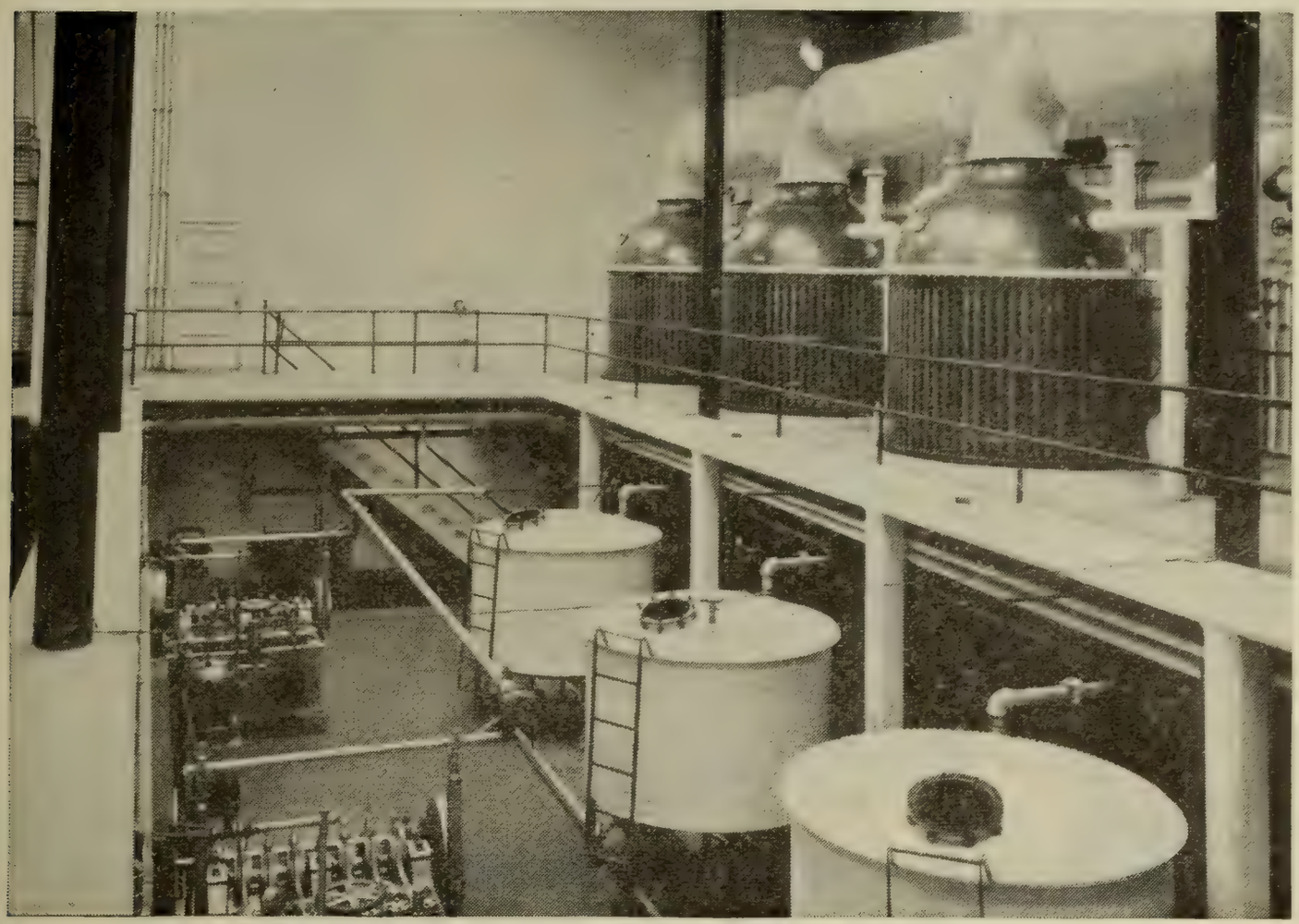
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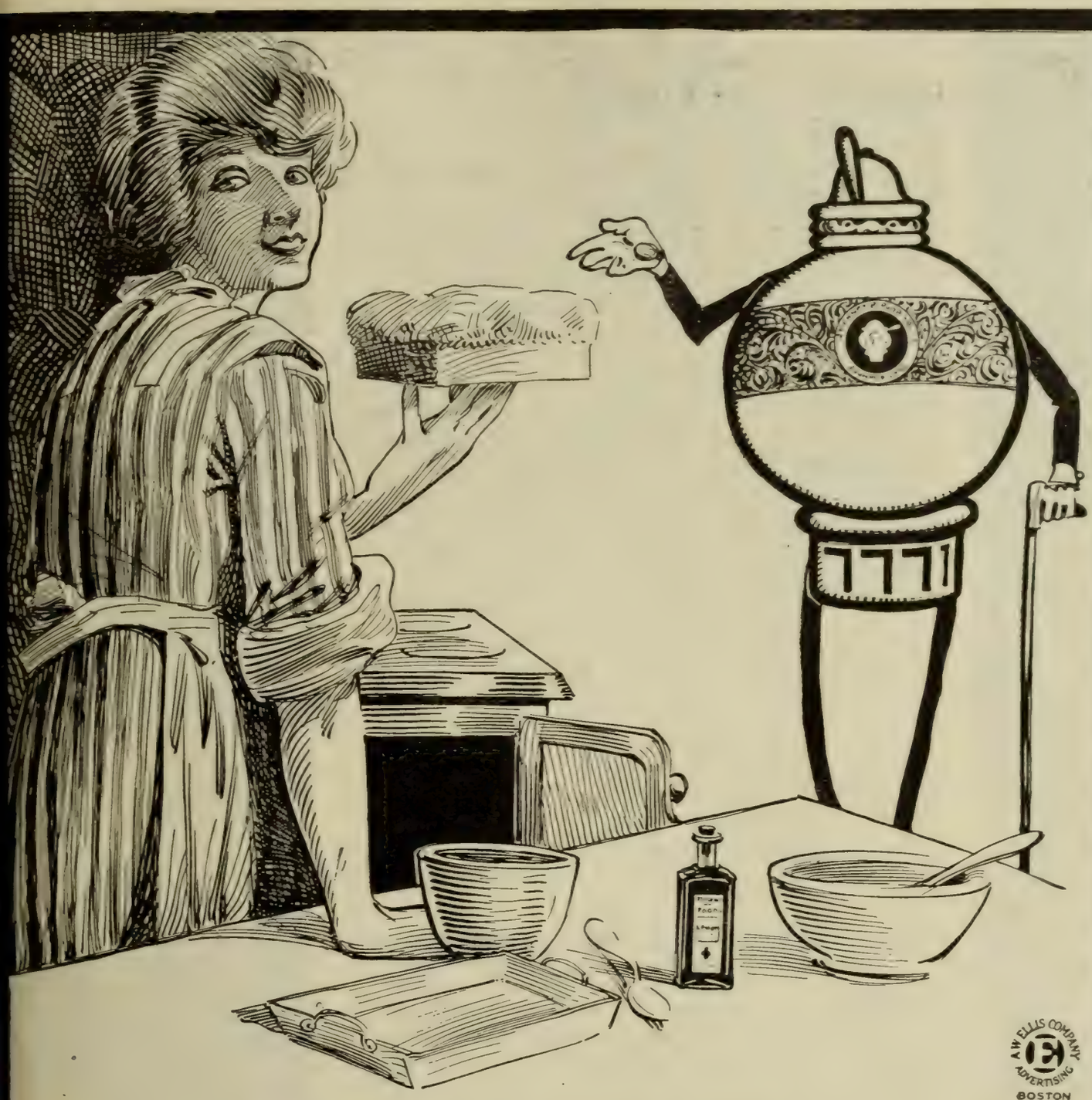





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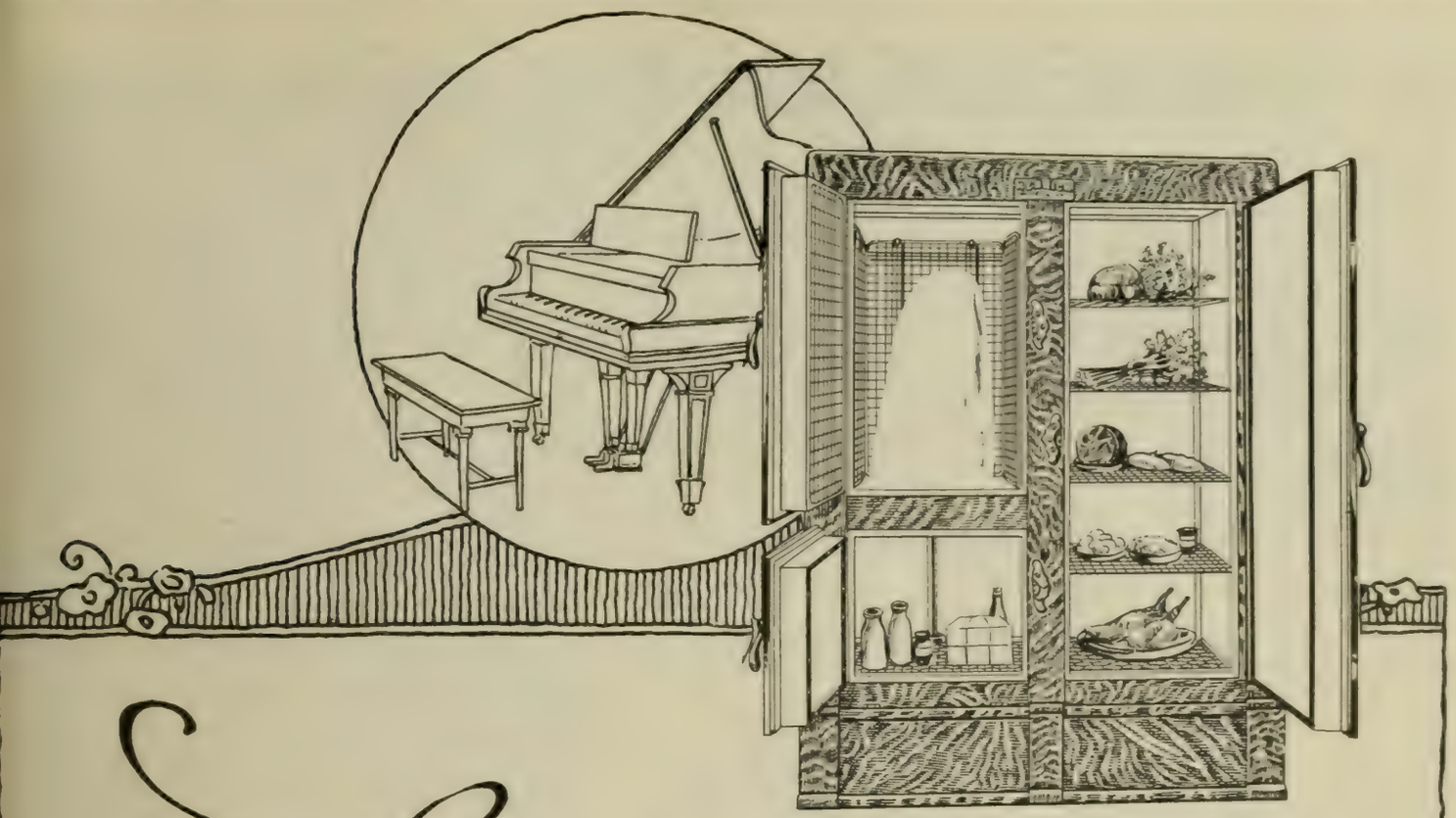
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# AMERICAN COOKERY

**Vol. XXIV** **MARCH, 1920** **No. 8**

## CONTENTS FOR MARCH


| | | PAGE |
|---|---|---|
| MAKE YOUR NURSERY CHEERFUL. Ill. . . | Priscilla Porter | 571 |
| TOPSY-TURVY . . . . . | Ruth Fargo | 576 |
| THE YOUNGEST BRIDE AND THE HOUSEHOLD GOSPEL | Margery Fifield | 581 |
| APPROVING THE PUDDING, OR A HUSBAND WHO COOKS . . . . . | Agnes L. Dean | 584 |
| KITCHEN MAGIC . . . . . | Marguerite E. Warner | 585 |
| FOR THE EASTER MENU . . . . . | Alice W. Fewell | 588 |
| EASTER DINNER . . . . . | F. L. T. | 589 |
| EDITORIALS . . . . . | | 590 |
| SEASONABLE-AND-TESTED RECIPES (Illustrated with half-tone engravings of prepared dishes) | Janet M. Hill and Mary D. Chambers | 593 |
| MENUS FOR WEEK IN MARCH . . . . . | | 601 |
| MENUS FOR SPECIAL DAYS . . . . . | | 602 |
| FISH WE LIKE . . . . . | F. M. Christianson | 603 |
| THE BOY'S SCHOOL LUNCH BOX . . . . | Hazel B. Stevens | 604 |
| YORKSHIRE DUCKS . . . . . | | 606 |
| HOME IDEAS AND ECONOMIES: — Head Cheese, A Baltic Specialty — Using the Trimming Fat — Post-Wartime Recipes — Salted Almonds for Profit . . . . . | | 307 |
| SIX MEALS FOR SIX DOLLARS OR LESS. . . . . | H. W. S. | 610 |
| QUERIES AND ANSWERS . . . . . | | 611 |
| NEW BOOKS . . . . . | | 618 |
| THE SILVER LINING . . . . . | | 622 |




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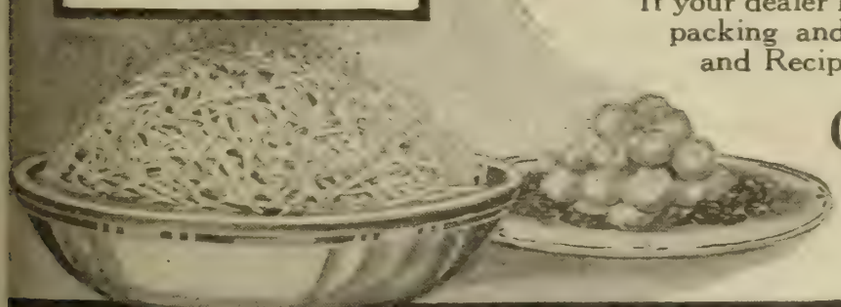
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# INDEX FOR MARCH


| | PAGE |
|---|---|
| Approving the Pudding | 584 |
| Boy's School Lunch Box, The | 604 |
| Easter Dinner | 589 |
| Editorials | 590 |
| Fish We Like | 603 |
| For the Easter Menu | 588 |
| Home Ideas and Economies | 607 |
| Kitchen Magic | 585 |
| Make Your Nursery Cheerful | 571 |
| Menus | 601, 602 |
| New Books | 618 |
| Silver Lining, The | 622 |
| Six Meals for Six Dollars or Less | 610 |
| Topsy-Turvy | 576 |
| Yorkshire Ducks | 606 |
| Youngest Bride and the Household Gospel, The | 581 |


## SEASONABLE-AND-TESTED RECIPES


| | | | |
|---|---|---|---|
| Apricots, Canned, Frozen. Ill. | 599 | Eggs, Vallombrosa | 594 |
| Beef, Round of, with Raisins | 595 | Fritters, Tomato | 593 |
| Buns, Hot Cross | 598 | Ham, Boiled, with Green Butter. Ill. | 596 |
| Butter, Green | 596 | Lamb, Shoulder of, Boned and Roasted. Ill. | 596 |
| Cheese, Green | 595 | Pie, Pineapple Custard | 600 |
| Cheese, Scalloped. Ill. | 596 | Pudding, Apple Macaroni | 600 |
| Chicken, Cincinnati. Ill. | 597 | Pudding, Macaroon | 600 |
| Codfish, Baked and Stuffed. Ill. | 593 | Rolls, Shamrock. Ill. | 599 |
| Crackers, Walnut | 599 | Salad, Apple-and-Onion | 596 |
| Custard, Frozen Fig. Ill. | 598 | Salad, Apple-and-Pimiento. Ill. | 598 |
| Dates, Creamed | 600 | Salad, Prince of Wales | 569 |
| Eggplant à l'Espagnole | 594 | Soup, Cream of Corn | 593 |
| Eggs, Easter | 594 | Veal, Roast au Jus. Ill. | 595 |
| Eggs, Snow, for Easter | 597 | | |


## QUERIES AND ANSWERS


| | | | |
|---|---|---|---|
| Books on Serving | 614 | Frosting, Glossy, Boiled Chocolate | 612 |
| Butter, How to Make at Home | 612 | Orange Peels, What to do with | 614 |
| Cake, Layer, To Keep Fresh | 614 | Pie, Butter Scotch | 614 |
| Cheese, Head | 611 | Pies, English Pork | 611 |
| Chocolate, Milk, To Coat Candy | 614 | Roll, Butter Scotch | 614 |
| Desserts with Little Sugar | 614 | Sauce, Chocolate | 612 |
| Exhibits for Cooking Class | 614 | | |



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## Prince of Wales Salad

Fresh cooked or canned beans may be used. For a pint, chop fine two slices of leek or half a thin slice of Bermuda or Spanish onion; add three tablespoonfuls of oil, one-fourth a teaspoonful of paprika, half a teaspoonful of salt, half a chili pepper, chopped fine, and one tablespoonful and a half of cider or red-wine vinegar. Mix thoroughly and turn on to a plate. Set slices of hard-cooked egg around the beans and a tablespoonful of mayonnaise on the top. A tablespoonful of fine-chopped parsley improves the salad. Dried parsley may be used, if fresh parsley be not at hand.



SALAD OF CANNED BEANS AND HARD-COOKED EGGS



SPRING LUNCHEON TABLE — VIOLETS AND LILY OF THE VALLEY

# American Cookery

VOL. XXIV MARCH No. 8

## Make Your Nursery Cheerful

By Priscilla Porter

IF mothers wish their little ones to grow into strong and healthy men and women, let them look well to the situation of the nursery. When possible this room should be situated on the sunny side of the house, where bright rays of sunlight may enter and linger for at least a portion of the day. Little children are like young plants; they will grow slender and frail if deprived of the life-giving power of the sun. Whenever it can be arranged, give the babies a sunbath each day, but take care that it is not too long, or the heat too intense.

Our ancestors, with their old-fashioned ideas, thought the worst room in the house quite good enough for their progeny to play in. Their one idea was to have this room as far removed from the center of the house as possible, so that no noise might disturb their own peaceful domains. Old worn-out pieces of furniture were considered the proper furnishings for the room, as the children were so destructive!

Fortunately for the twentieth century child, these days of old-fashioned ideas are past. The progress of the age has allowed the miniature man to have for his own a special room, one that is no discredit to the home, and into which casual guests can be shown.

From being the least desirable room in the house, the nursery has become the most carefully planned, where sunlight vitalizes the air and kills germs. Ventilation is absolutely necessary, and a window should always be open, if only a



EQUIPMENT THE FEATURE OF THIS ROOM

crack, for fresh air prevents disease. A ventilating board should be fitted across the base of the window to prevent draughts.

The furnishing of the nursery is an interesting study. Small furniture, with rounded corners, should always be used. This furniture must be substantial, but not massive. The table and chairs should stand square on their feet, so that the little occupant of the nursery cannot pull them over on himself. The furniture should be of light color, and the little bedstead of white iron, or polished brass. A small screen, of light texture and dainty pattern, is an attractive ornament in the room, and shades the baby's eyes from the light, in time of sickness.

A tiny bureau, or chiffonnier, for the baby's clothes, is an important adjunct to the nursery's furnishings. As the child grows older, he can be taught to put his clothes away himself, in their proper places, and the arranging of them in the chiffonnier will be a constant delight.

If possible, have a window seat, cushioned in some soft, dainty fabrics, where the youngster may sit and watch the goings on in the busy world outside, when his playthings lose their attractiveness.

The windows should be shaded with simple muslin curtains, tied back with ribbons. These curtains are very easily kept fresh, and no amount of laundering will make them look shabby, until they are entirely worn out.

The floor should never be carpeted. Let it be of soft wood, painted, or of hard wood, stained, oiled or varnished. The fewer rugs you have, the better, as they are a perfect storehouse for dirt, and require disinfecting at least once a week. If a rug is desired, however, I should recommend one made of flannel,



CHILD'S PLAYROOM IN THE ATTIC

which can be easily washed. One and one-half yards of eiderdown flannel, will make a rug sufficiently large. Line it with burlap, and be sure it is weighed down at each corner with a piece of lead, else baby rolling and kicking around, will soon turn up the corners. Before lining it, the ornamentation must be put on. A cat, cut out of gray canton flannel, running after a white bulldog, is sure to please baby's fancy, as is a horse, donkey, or cow. The animals may be sewed to the rug with a button-hole stitch, and the eyes and mouth worked in with a few deft stitches. The rug completed may not be highly artistic, but rest assured it will give baby much pleasure.

The treatment of the walls of the nursery is important. Tinted some delicate shade, with a few interesting pictures hung upon them, the effect is most pleasing. Let your choice of the pictures be truly artistic, as baby's taste from earliest infancy should be cultivated along correct lines.

If you prefer the walls papered, the Kate Greenaway and March Ward studies of nursery patterns are delightful. You can also buy pictures of children, animals, birds, or flowers, gaily colored, on good stout paper, which can be cut out and pasted on the wall to suit the fancy of the decorator. These can be grouped into charming figures. One of the best backgrounds for this sort of grouping is grass cloth of natural tint.

A window box, filled with flowering plants, is always pleasing, and adds the needed touch of brightness. The plants should be changed as soon as their season of bloom is ended, and others substituted. A child four years old, and sometimes younger, enjoys planting seeds and watching for the results. Teach him to care for his plants, to water them, and keep the pots tidy. Thus will you instill into his mind the idea that he has some work to do, giving to him an interest in the daily routine of housework. It is a great mistake to let children feel



LARGE AND ATTRACTIVE PLAYROOM

that they are not expected to do anything; teach them, therefore, that every one, in order to be happy, should have some work to do, and that they, too, must perform some small tasks that you will allot to them.

A large closet is a necessity in a child's room. Here he keeps his garments, neatly hung on hooks, and his toys carefully arranged on shelves. Here is presented another opportunity for training the childish mind. When he is large enough, teach him to put his things away after he has finished playing with them, thus are many steps saved for the tired mother.

A sand-box is an endless source of amusement to every little one. It can be placed in one corner of the room and baby, clad in rompers, will play there for hours at a time. A blackboard with colored crayons provides a place for scribbling, which might otherwise deface the walls. There is not a child but who delights to draw, and here he can do as he pleases.

It is a very simple matter to amuse a child; anything that he can take apart arouses his interest, and what boy does not delight in harnessing and unharnessing his horse; while to the girl a doll means a precious treasure, for with its many dresses she takes her first lesson in dressmaking.

One of the most interesting nurseries I have seen was located in the ell of the house. A work bench extended across one end of the room, fitted up with all sorts of tools. What a delight to the youngster who is just outgrowing his nursery to turn to a place where he can work out his own problems undisturbed. The floor is uncarpeted, the walls left in the rough, so that there is nothing to harm.

In a friend's house a scheme was evolved that proved most successful. The entire upper story of the house was fitted up for her two girls. It was made into one large room, one end of which was curtained off and equipped with a whole set of furniture. Two tiny bedsteads stood side by side, painted white, as was



CHAMBER FURNITURE FOR THE NURSERY



A PLACE FOR AMUSEMENT

the rest of the furniture. The walls were hung with a dainty paper, showing rose buds climbing in and out of a trellis and a molding of green was at the top of the room, thus carrying out the idea of a bower. Shades and white muslin curtains tied back with pink ribbons, made the room look attractive.

The other end was devoted to a playroom. A long settee, covered with cushions of cretonne, was built on the end. Two blackboards were hung at one side and shelves put up for the housing of playthings. There were dolls of every description ranging from large to small, dressed as ladies and servants, colored baby dolls, alongside of white ones, while animals stalked in and out with a freedom that showed they were welcome. The little mistresses of this happy domain took the greatest delight in doing their lessons on the blackboard surrounded by their family of children.

Kindergarten gymnasiums have found a place in many a twentieth century nursery. Here the tiny youngsters are taught under an instructor to use their tiny dumb bells, Indian clubs and Health lifts, great care being taken that they do not overdo. The youthful muscles are thus kept in play and scientifically developed. The development of their muscles brings them into manhood and womanhood strong and healthy. Then, too, a gymnasium outfit costs so little, when you consider the good accomplished by its use.

Remember that every detail of the nursery is indelibly stamped upon the youngster's mind, so make it cheerful, bright and thus conducive to happiness. The pleasure enjoyed in a bright and sunny nursery will stay by your child as long as he lives.



THIS ROOM IS UNIQUE

# Topsy-Turvy

## (CONCERNING A CERTAIN HELPER IN A CERTAIN HOME)

### By Ruth Fargo

June 10, 1919

DEAR ELIZABETH:

Your letter to hand this morning. Good. Verily it seemeth an age since a sample of your chirography has found this solitary suburb. But I forgive you — did I ever do otherwise, chum of my college days?

And I reply, instanter; so tell this excellent friend-of-your-friend to seek me in town. I'm not going to Agate Beach. I've changed my mind. To be most truthful, I don't want to go anywhere — without Robert. (Yes, dear, I'm dreadfully foolish about that husband of mine.)

And Elizabeth! Aunt Marian hinted as much to him. Was he flattered? Not a bit of it. By some labyrinthine mental process he considered himself arraigned, and proceeded to be terribly provoked with poor innocent me. It was really funny. Men are so queer. After that, it took a bit of diplomacy to plan this vacation — the way I wanted it. But I have accomplished my purpose, at last. And, by-the-way, Aunt Emma has begged for the twins, Olive and Oliver, my treasures — bless their baby hearts! — so I'm sending them down to run wild on the farm. If it was any place but Aunt Emma's, I'd never let them go — such babies. But with Auntie they are perfectly safe — and happy. Why, even Aunt Emma's hired girl adores my twin O's — she thinks two such youngsters were never before born. And she's wonderfully good to them. . . . Oh, me! If *I* could only find a girl like my Aunt Emma's Hattie. Do you know, Beth dear, I haven't had dependable help since Mollie's escapade — you know that sorry story — and Mollie the best maid that ever lived. I'll never have help as good. I "feel it in my bones," as we once said. But I'm going on a still hunt this summer. There can't be such a poignant need as mine and never a maid to fill it.

> Maids may come and maids may go,
> But I go on forever.

That is the way I had begun to feel this spring. I was almost frantic — and with four-year-old babies, twins at that, one can't do everything. Then Robert's Aunt Marian dropped in for a visit. . . . I tell you, Beth, dear, Aunt Marian is a master genius and most marvelous cook. (She manages everything, me included.) I believe she sensed conditions before she fairly crossed my threshold; and she rolled up her sleeves, figuratively and literally, and pitched in. My terrible housekeeping tangles smoothed out like a handkerchief under a hot iron. . . . Aunt Marian has been here two months. Every morning I get up wishing she would stay forever — but by night I am glad she is going on the eighteenth. Did you ever feel toward any one like that — or is it just me; am I so at fault, I wonder? But Aunt Marian is so managerial — Oh, hum! I wonder if this mild antagonism is mutual. . . .

But I am not going to Agate Beach; no, no. I'm staying at home instead. And I've planned divers little trolley trips for Robert and me. And evenings together. We shall actually grow acquainted once more. And live easy. Just we two alone. . . . I hear the twins on the stairs. My fountain pen has gone dry. I've unburdened my woes, per precedent; so, dear girl, here's a penciled good-by,

Your loving old-time chum,

SHEILA SHERWOOD HUNT.

P. S. Don't forget to give my address to your friend's friend. I shall be glad to meet her; Mrs. Mary Caxton, I

believe you said. She shall have the freedom of the house, and all there is in it, for the week she is to stay. But I'm glad she wants quiet.

SHEILA.

N. B. If you hear of a good maid, let me know. S.

June 17, 1919

MY DEAR ELIZABETH:

What a letter! If you were any one but *you* — But seeing you *are* you, I read what you wrote — even twice. And digested it. You administered a bitter pill, but you made the coating exceedingly sugary. Let me see; putting aside the sugar, your letter says about this:

I, Sheila Hunt, cannot keep a maid because of many things; namely, and to wit:

I assign to my maid an attic room, small, cold and ugly. (Considering my "artistic ability" and my "health ideas" you think better might be expected of me. . . . Hum!)

I want a maid to be an Aunt Emma-Hired-Girl plus, and treat her like a Chinese cook! (Hully gee! Pardon the slang. But I've been told I was a model young matron — I'm afraid you don't realize, that, you, bold Elizabeth girl. Besides, you have never kept house.)

I am patronizing, condescending — (Well, well! A maid isn't exactly one's bosom friend, dear heart.)

I demand long hours. I ask my maid to "jog the cradle" on her off hours. (Well, you forget, "Man's work ends with set of sun; woman's work is never done." How can I help it? . . . By the way, the twins outgrew the cradle long ago.)

I object to my maid's friends being entertained in my home. (Hum!)

I class my maid as a pariah. . . . She is unutterably lonesome. . . .

Honestly, Elizabeth, that looks like a formidable arraignment — "writ out" — I'm really not so ogreish as you would make it seem. . . . My dear, you don't believe it yourself, so there! . . . But I've taken your sugar-coated censure like a good little girl. I even draw a mighty breath of relief. And I accept your atrocious conditions — all because of your very last paragraph. (You ought to see Robert's eyes twinkle. He says you have discovered that maids are human — and I must reform.) But if you know of a maid who will come to me, a maid who is better than Mollie ever was, who makes the most delectable bread and is perfectly adorable about children, and . . . Oh, you need say no more. You may criticize all you please, providing you send on your Miracle Maid.

Nothing else matters. Such a marvel of a girl must be cheap at any price. And you say she will come? On your recommendation? (You mean you recommend *me* — after all you have said? Oh, I forget; I have promised to do better.) Yes, yes; send her. By return mail, or parcel post. Do.

Lovingly yours,

SHEILA.

P. S. The twins are leaving tomorrow — how I shall miss them! Aunt Marian is going out of her way to take them down to the farm. Aunt Marian is really a dear. . . . S.

June 20, 1919

ELIZABETH DEAR:

Yes, I'll be at the train, punctual as clockwork. Do you think I'd take a chance of missing your Miracle Maid? Not I. . . . And her name is Lucy Marsh — a good name. It creates a favorable impression, yet, "A rose by any other name . . ." I'll wear a white clove pink, and so will she. Your suggestion.

Dear, I've been reflecting on your "conditions." Lucy Marsh is to be *one of my family*. I am to give her my little blue bedroom, and not that awful attic nook. Also, she is to take violin lessons — I must manage my time so she can, being she's a musical prodigy — of Prof. Forest Faville. And in return, she —

Do you know, my dear, your plan

seems so whimsically unreal. Nobody in Rosedale keeps a maid under any such conditions. And yet — the ecstatic relief at your promised "better-than-Mollie maid" —! But you can never understand, you bachelor girl. Still, these last days, the belated serious side has been sinking in; my conscience prickles. (Can I ever live up to your conditions?) Your plan sounds so beautiful, dear dreamer; but I ha' ma doots. Nevertheless, having put my hand to the plow I shall not turn back — not now. It is summer. Half of Rosedale is out on its vacation, a most excellent time to experiment.

Yes, the 5.30 limited, Thursday. I'll be there.

With love,

SHEILA.

June 26, 1919

DEAR ELIZABETH:

You received my telegram. Your letter shows apprehension. It should. Of course, I met her — and Mrs. James Scott-Smith witnessed the meeting; and I've had no chance to explain. (My dear, if your husband was a rising young attorney, and you were new, and wanted to make a favorable impression, you couldn't *afford* to have queer friends.) You should have prepared me better. Any one could have knocked me down with a feather — I fear I handled the situation badly. Really, I had rather expected your prodigy to appear in some out-of-date, up-country garb, which wouldn't have been half as bad as the atrociously crude copy of the latest freak fashion that proved to be Lucy Marsh! And to have her throw her arms around my neck and kiss me! I might have been a long-lost sister. (Poor frightened child — I will be fair — she evidently thought it was expected.) But oh, my dear! My dear! Clothes may not make the man, but they come mighty near making the woman. And Mrs. Scott-Smith right on hand! . . .

Oh, well; I managed to get Lucy Marsh over to my home without meeting the entire neighborhood — quite. And, thank goodness, she is at present a little scared, and quite meek. Everything is so new to her. Yet I think she will be quick to learn. And I have overhauled her wardrobe with vigor. I might have made a mess of it — not the wardrobe, but the situation — except for Mrs. Caxton. . . . Oh, yes; she is here. I had quite forgotten about her till she telephoned. I could have cried. It was such an inopportune time to have company — even the quiet kind. But I fell in love with Mary Caxton in the first half-hour of her stay, the dear, sweet, old-fashioned lady! And she understands sewing — and girls. She has taken Lucy under her wing, and is making for her such pretty little garbs out of gingham and "sich." Oh, but Mrs. Caxton is easing up conditions mightily. Lucy's really nice-looking, properly clad. . . . There — I'm to meet Robert! We're lunching together down town.

Hurriedly,

SHEILA.

July 7, 1919

DEAR GIRL:

What a delightfully prompt correspondent you've come to be. Perhaps I should add, thanks to your deep interest in my maid. I have a suspicion your secret sympathy is for Lucy Marsh, not for me. Well, no matter. . . . No, no; do not worry. I'm keeping "conditions," per your outline; or, in truth maybe, keeping at them. For a time I was so exercised over Lucy's looks that I quite forgot her lessons. But better late than never — and, really, it isn't so very late after all. It was Mrs. Caxton, of course, who heard Lucy fingering her violin — Lucy wouldn't say anything about it herself, she seems wonderfully shy. She hasn't presumed on a single liberty since our first (dreadful) public meeting. I suspect that kiss was a species of hysteria. Hers was a long, hot journey that day; and, I learned,

she has never been ten miles from her up-country home before. Think of it! At eighteen!

Well, since I had promised you, we — Mrs. Caxton, Lucy and I — made a trip down to Prof. Faville's studio. Not for one moment did I think he would take her — you know his students are all rather special. But, goodness me! — he quite forgot the rest of us, once Lucy began to play. "Wonderful touch! Wonderful touch!" he kept saying over and over. . . . And so it is all arranged. She is to take lessons twice a week. . . .

By the way, I am teaching Lucy to cook. . . . Isn't it lucky I took that Domestic Science course? . . . Oh, yes; her bread *is* delicious. So is her fried chicken, and her apple pies. But she never heard of paprika, and she couldn't scallop an oyster to save her soul. All sorts of timbales, shrimp salad, tea dainties, luncheon soufflés, etc., are as Greek verbs to her. We are living simple, I assure you. And if I ever have need, I am sure I can advertise as an experienced Domestic Science teacher, after this experience with Lucy. But just so she does not want to leave, as former maids have, the minute I get her taught — why, I won't mind the teaching. She is proving quick, and quiet, two points in her favor. . . . By the way, Mrs. Caxton is still here. She's a love. Under her supervision my maid's terrible finery has vanished. Thanks be!

Yours gratefully,
SHEILA HUNT.

July 28, 1919

DEAR ELIZABETH:

I'm writing just to prove I have leisure hours. I'm almost convinced that Lucy has the "knack," as Aunt Marian would say. . . . Vacation is proving a joy. Robert and I are doing a score of small stunts we never had time for before. We're interviewing the town. I never dreamed that Rosedale possessed such environmental delights. I'm having ten times the fun I had last summer vacation — at one-tenth the cost. No, no; we are not nearing bankruptcy, don't think it. But even a "rising" young attorney isn't a millionaire. Our set, in Rosedale, still count the cost. . . . Oh, say; didn't you explain to Lucy that she was to receive a "certain remuneration?" A pay envelope, in fact? She is so queer about money. Acts embarrassed, almost hurt, when I pay her. I've compromised by giving her a check book and depositing her small earnings in the First National. Of course, I expected to do more than merely see to her music lessons. Are all the girls in those up-country hills as naïvely refreshing as your prodigy?

Lovingly,
SHEILA.

P. S. I don't dream Robert is being assassinated, and hysterically call up the night operator *this* summer. . . . Oh, yes, my dear; plenty of married people are just that silly. S.

August 15, 1919

DEAR ELIZABETH:

You are going to "do a few islands and take photographs?" Already half-packed? You take my breath. What sudden decision is this? . . . And you leave Lucy under my espionage? Well! . . . Yes, she's satisfactory, so far. . . . I don't altogether understand her. She worships at unknown altars. . . . But — yes, she really is a wonderful maid. I'm eternally thankful to you. . . . Robert and I are going down to Aunt Emma's next week. Robert has ten days vacation. He and Uncle Ford go fishing up the Trask. He says you won't find anything grander than the Trask anywhere. Not even in the Islands. . . . I'm wild to see the twins — precious little bumpkins! I'm singing all over inside. How I have missed them — in spite of our good times, Robert and I together. . . . Mrs. Caxton is gone. We are taking Lucy along with us. . . . And you? Presumably picture postals will be my future portion,

you busy lady! Good luck, and my love go with you, dearest wanderer.

SHEILA.

P. S. Lucy's been living up to the blue room. Evidently environment counts.

S.

Nov. 9, 1919

DEAR ELIZABETH:

My cards have been following you all over The Islands? And why don't I write a good fat letter? How are the twins? And how about Lucy Marsh? . . . Well, dear, I couldn't keep up with your chaotic address. . . . The twins are developing an ear for music — how they do love to hear Lucy practice! They will stay with her evenings perfectly contented. It is such a relief — leaves me free to accept invitations out once more. Of course, I enjoy it; and then we young wives of ambitious young men ought to keep up the social end of the game. So I've been thinking. . . . Oh, yes; Lucy is proving to be all you promised; she is a real comfort, and blends so beautifully into the background, is so devoted to the children, and so obedient, that being "one of the family" hasn't bothered at all. Perhaps you gave her special instructions. Anyway, she is the only maid I have ever had, I am sure, who wouldn't have taken possession of the place under those stipulated conditions of yours. So do not become conceited and imagine they would work every time, my dear. When I entertain she dons maid's regalia with the enthusiasm of a charity-ball masquerader. She is full of comforting surprises. But enough concerning my "hired girl" — don't frown. . . . Tell me about yourself. How the time goes — from blossom-time till snow-time, and your letter contains no hint of a home coming. We miss you.

Lovingly,

SHEILA.

January 7, 1920

DEAR ELIZABETH:

I am glad you are having such pleasant days. Life runs in a bit of a rut here in Rosedale. I have been going a good bit — Lucy is so dependable — and really gaining some social prestige. I know you don't care for that sort of thing, dear girl, but I enjoy the game. And it helps Robert. . . . Yes, Lucy is getting on quite wonderfully well with her music, so I understand. Prof. Faville gave her an interesting part in a little musical play presented by the people of his studio. I helped her with her costume. She really looked wonderfully well. . . . You don't expect to come home till the cherry blossoms are gone? Lucy is always asking. She adores you. . . .

Lovingly,

S. S. H.

April 10, 1920

DEAR ELIZABETH:

Our letters have grown desultory. You are a busy lady; so am I. But, last week, I did write you the longest of letters. It was replete with exclamation points and wide-eyed wonder. But I didn't mail it. My tardy intuition tipped me the cue it might have done months upon months ago. . . . You dear, diplomatic schemer! I'm convinced that you painstakingly planned this thing that has come about — or a similar subtlety. Perhaps just in big generous outlines. Come, confess. And let no one say a woman cannot keep a secret. . . . Did my horoscope assure you of my assistance, or did that first letter last June just happen at the psychological moment? However it may be, I have played your unconscious accomplice. . . . Oh, I am sure! I know you of old — I know your castellated schemes. And now I understand your abnormal interest in little Lucy Marsh. You recognized her possibilities — and decided to give her a chance. Come now, an I not right? How stupid I have been! . . . But wait, I am telling you, as fast as I can. I am really excited, for I am losing my maid. She is to be

married — oh, soon. And to whom? . . . No other than to Rosedale's most exclusive intellectual lion, Prof. Faville. . . . Oh, yes, he teaches music — a fad. He can do as he pleases. He is one of the lucky, born with a gold spoon in his mouth. And talented besides. Why, if he chooses to crook his little finger, Rosedale follows suit. It is quite unexplainable. But it is so. He stands at the top of the social ladder. And he is to marry my maid! It is altogether a love match — but it is altogether topsy-turvy. Perfectly topsy-turvy! Robert says such a thing couldn't "get across" anywhere except in the good old U. S. A. He grins at me over his coffee cup and tells me to be "real good" and maybe my "hired girl" will boost *me* into the social set exclusive. . . . Isn't it funny? . . . But Lucy will live her part. With her tawny hair and quiet dignity —! She is really wonderful. I realized that night of the studio play, if I had just once stopped to give it a second thought; and I didn't give it a second thought because in spite of all your stipulations she is just *my maid*. But I have been giving it a lot of second thoughts since Prof. Forest Henry Faville . . . Heigh-ho! What fools we mortals be! . . . Think of my one-time maid graciously dispensing favored hospitality! . . . being mistress of that beautiful house on the hill! Heigh-ho! . . . Meantime, we are doing some interesting shopping, Lucy and I, and — getting acquainted, after so many months. . . . I make a random guess that you won't recognize your up-country protegée the next time you see her. . . . We shall look for you when the cherry blossoms fall. . . .

Lovingly, thankfully, amusedly yours,
SHEILA SHERWOOD HUNT.

P. S. You may recognize diamonds in the rough; pray, admit that I can polish them.

N. B. Come, we will go and call on Mrs. Forest Henry Faville — my one-time maid. SHEILA.

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# The Youngest Bride and the Household Gospel

## By Margery Fifield

"WELL, we had cereal muffins this morning, Aunt, made after your recipe, and the Man of the House proclaimed them a great success," said the Youngest Bride, as she and her neighbor Aunt were enjoying a cup of afternoon tea together in the Bride's apartment one rainy afternoon.

"That's fine," her Aunt answered, "I thought after I went home that you must have thought me a tiresome old person to burden you with that lecture."

"I should say not," retorted the Bride emphatically, "and just to prove to you that I stand aghast at your wisdom I'm going to ask for some more. It's the kind of gospel which goes well in small doses."

The Youngest Bride's Aunt stirred her tea reflectively and smiled. "What is it? How to make potato roses or carrot gold fish for the finger bowls?"

"Nothing as pretentious as that — those things will be about the thirty-second! This time it's just bread — plain ordinary bread. What shall I do with it? Odds and ends of it accumulate so and I don't dare throw any away, because I'm afraid that you will come over and inspect my garbage pail." She laughed merrily, thinking of the morning when her Aunt found her slipping some left over cereal into the waste pail.

"Don't I know how it accumulates? But I do think that I can help you out of your dilemma a little."

"Not bread pudding," groaned the Bride in mock despair. "I expect something better of you than that, Aunt!"

"All right, then," her Aunt laughed, "we'll sidetrack the bread pudding for the moment, but you needn't stick up your nose at it, Young Woman. You wait!" she shook her head in warning.

"Oh, I might have known it. You're such a wizard that I suppose you can tell me how to make it taste like angel food or something similar."

"To begin with," said the Aunt, setting her tea cup carefully on the tea cart, "one of the best ways I know for utilizing left-over bread is to dry it and crumb it."

"Mercy, what for?" exclaimed the Bride.

"For scalloped and au gratin dishes. Put the left-over slices on a pie plate in a very slow oven, and let them dry out thoroughly and brown. Then put them through the meat-chopper. Then store these nice, brown crumbs in a glass jar. Whenever you are making dishes like spaghetti and tomato, or macaroni and cheese, or au gratin dishes, such as salmon and tuna fish, and so on, sprinkle a few of these crumbs, dotted with a bit of butter, over the top and your dish will come out of the oven crispy, brown and delectable-looking. You'll find them such a convenience, and so much easier and more satisfactory than trying to crumb up bread from a fresh loaf. I try to keep my jar filled all the time, because we are so fond of scalloped dishes."

"I never should have thought of putting them through the meat-grinder. Isn't that a good idea? Would crumbs like that do for Apple Brown Betty? The cook book calls for bread crumbs."

"Of course, you might use them," her Aunt answered, "but I shouldn't care for it made that way because it would be apt to be too dry. I'm glad you asked me that though because Brown Betty is an excellent way to use up dry bread. A layer of sliced tart apples, a layer of bread crumbs dotted with butter and sprinkled with sugar and cinnamon until your dish is full is my rule, with a very little boiling water poured over just before putting it into the oven. The easiest way to crumb the bread is to take two slices, cut moderately thick, and rub them together over the dish in which you are preparing the Betty. You will find that they crumb nicely."

"I'm so glad to know that," said the Bride, as she made notes industriously, "we're so fond of apples and we have that half-barrel they sent us from home. What do you eat on this. I can't afford cream."

"Mercy, who can! Hard sauce is the nicest thing next to cream, if you can get confectioner's sugar."

"Oh yes, and I know how to make that too, but tell me something else. I'm having such a time getting confectioner's sugar."

"This is an old-fashioned sauce and sounds very plain, but I assure you that it's delicious, particularly on a dish of steaming apple Betty on a cold wintry night. Take a cup of molasses, three tablespoonfuls of vinegar, and a small piece of butter about the size of a large walnut, as the old-fashioned cooks would say. Let it all boil five minutes. You have to watch this with care as the molasses boils over easily, but you can make this sauce while getting the rest of the dinner and keep it hot in a double boiler, if you don't want to have it on your mind during dinner."

"You're a mine of information, Auntie," said the Bride still writing busily. "Do you suppose that I can sit up and pass on all this information some day?"

"Yes, and more too! Another nice way to use up your bread, when it has accumulated and your crumb jar is full, is to make a bowl of dressing to season up a dinner."

"Dressing?" asked the Bride with a puzzled expression on her face. "But you only use that for roast chicken and similar things, don't you?"

"Just listen," admonished the dispenser of the Household Gospel. "Pour about half a cup of boiling water and a third of a cup of melted butter over two cups of dried bread. When it has softened sufficiently, mix smooth and season it with salt, pepper, sage or poultry dressing according to the tastes of your household. This you can use in a variety of ways and it adds much to a meal sometimes. Try putting a round of this dressing on pork chops and baking them in the oven. I can promise that you will like it for a change. Or spread some of the mixture on a small piece of flank steak, season it, roll it up and cook it in a covered pan with a very little boiling water. When I have been hard pressed and have had little of anything in the house, I have even been known to make a luncheon dish by putting some dressing in a small baking dish, laying three or four strips of fat bacon over the top and cooking it until the bacon was crisp and well done and had flavored the whole dish."

"I adore dressing," exclaimed the Youngest Bride enthusiastically, "but I never dreamed that I could use it in all those interesting ways."

"You probably will think of many others of your own. That's the fun in cooking. There are so many fascinating possibilities."

"I'm just beginning to realize it, Aunt. You make it sound like a game."

"Now for the despised bread pudding!"

The Bride made a face. "Hurry up and get it over with, then!" she admonished. "I know all about it anyway. A pint of milk, a cup of bread crumbs or so, an egg or two, some flavoring---"

"But there are so many kinds of glorified bread pudding. For instance, try grating the rind of half a small lemon into the pudding before baking. This gives a delicious piquant flavor. Raisins, too, add to it, and try, sometime, saving out the whites of the eggs and after the pudding is cool, whipping up the whites, and adding two or three tablespoonfuls of confectioner's sugar, lemon juice or vanilla for flavoring. Pile this meringue lightly on the pudding and set it in a slow oven until it is light brown and set. Just this little extra effort and time dresses up a pudding wonderfully. Your good husband would appreciate chocolate bread pudding sometimes, too, I know. Melt a square of chocolate and add it to the milk before you pour it over the crumbs. Of course, this takes a little more sugar and if you can steal some top cream from the morning bottle, this makes it doubly nice. Scan the ice box well when making bread pudding. Two or three left-over prunes, a slice of canned pineapple, a small dish of left-over peaches, or anything in that line will change your plebian pudding into a fruit soufflé or something equally attractive!"

"It *is* a game!" said the Bride.

"One easily learned, fortunately," replied her Aunt.

"My head is so buzzing with ideas that I can't wait to try them!"

"Perhaps it has enough for this afternoon then, but I must tell you one or two more things. Bread crumbs will give body to an omelet," the Aunt went on, "and will stretch it a little further. If you are using four eggs, soak half a cup of crumbs in the same amount of milk until they are soft, then mix and cook as you would any omelet. Also, when stale bread is plenty, some bread griddle cakes would go well on that new smokeless, greaseless griddle of yours. You might take down this recipe which is good.

½ cup bread crumbs
½ cup milk
1 tablespoonful butter
1 egg
¼ cup flour
¼ teaspoonful salt
2 teaspoonfuls baking powder

Soak the crumbs in the milk and butter until soft; add egg well beaten, then dry ingredients and cook as other griddle cakes. This isn't a large recipe, but it will make plenty for you two. You could double it if you had guests. But gracious, look at the time! Where has the afternoon gone to? I must skip along if we are to have any dinner at our house,"

she said, gathering up her sewing things.

"I hope you know how much I appreciate all this," sighed the Bride gratefully, as she laid down her pencil.

"You'll be telling it all to some one else some day, and more too," the Aunt laughed as she flew hurriedly out of the Bride's apartment.

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# Approving the Pudding

## A Husband Who Cooks

### By Agnes L. Dean

EVERY wife modifies her pride in her man's cookery by too closely scrutinizing the masculinities of his technique. The proof of the pudding is in the eating, and not in a burntishness in the atmosphere, or in a gliddery place on the pantry floor. Kitchen instincts are race-old in women; in men the art-impulse working among foodstuffs is not yet automatic. But all the more reason to give it a chance, a big, glorious, blundering chance, and see what comes of it. A Sunday and holiday husband-chef should be allowed a certain latitude with the butter. And never, never should he be distracted from the business in hand by mention of the open ice box doors. With a loyal and unobtrusive support the cooking male has a high destiny, and the woman for whom he performs his culinary miracles a beautiful sinecure. But the wives I know seize the possibilities of the situation reluctantly.

For instance, it is held against my friend, Jimmie Hale, that in his creative moments he converts into a "swipe" anything from a dish towel to one of Millicent's dinner napkins. You know how women feel about linen, but do you understand what a sacred piece of it looks like after it becomes an Oh-Jimmie mop? Yet for one of Jimmie's chicken pies an ordinary man would rob a linen store.

Otis Lambert is the hugest and most good-natured fellow on the street. He does things like baked bananas and strawberry shortcake, and a whole line of rather Woman's Exchangey dishes you put whipped cream on. Splendid to help out a meal with, but he does not pretend to know how to cook the real facts of food. Sarah Lambert does, and what *she* says is, it is really impossible to do it and keep sane, while walking about on the granulated sugar Otis manages to scatter on the floor. But so long as there are brooms to be had — and nerve tonics — I feel that Otis should have his chance.

Now Tom Mason, two rented bungalows below ours, is a sheer wonder with an omelette — intuitive, strategic, debonair, always charmed to do it again. But Elizabeth Mason, his wife, seriously objects to Tom's dissipating effect on the vegetable knives. Elizabeth is a tolerant woman, so she says, but, so she says, five knives missing in four weeks! A French knife, with a slim ebonized handle that droops a little at the end, and a thin pointed blade that sharpens to a delicate edge, is to Tom's heart of no greater importance than the apple parings or kindlings with which he lets it seek Nirvana. Knives like that, the very best ones, used to have a griffin rampant for the cutler's trade-mark, do you remember? Tom practically drained the market of them. But why can not Elizabeth let bygones be bygones, and give Tom's genius scope? Soon enough the egg, in omelette lots, will be a bygone, too.

Mary Hunt married in Philip a super-waffler. Just think, she can always begin the Sabbath on real waffles, not the sort you cut up and consume for the cargo of "cane and maple," or to save the feelings of a temperamental cook, or because you hope the next round will show better team work between the batter and the fire. But the true type, rather hollow under the fork, evenly brown, and crisp to the point of a beautiful rustle; all alike, and as inexhaustible as Philip's own pride in them. But Mary tells my wife they eat, instead, "You Ought to Like It" out of a gaudy package. "For," says Mary, "my religion does not prosper upon cleaning maple syrup off every drawer knob in the kitchen before church time." At which I bluster against the lack of perspective in women, and Henrietta pacifically says she prefers me and the bowls to Philip and the knobs.

For I am a ten-bowl cook. That is why I am not asked to cook oftener by Henrietta, who incredibly insists on washing up. Henrietta says no matter what I cook, there are always ten bowls to wash. This sounds like an innuendo, but it is practically an inventory. I do use them. The fault being, I maintain, in my type of cooking rather than in my method.

Cheese soufflé, for instance, that the crowd flatters from me Sunday nights. Can any wife or any husband make a replica of my cheese soufflé in one only pie tin? Fellow chefs will support the reasonableness of a bowl for whites, a bowl for yolks, a bowl to mix these together in, a bowl (thinly disguised as a casserole) in which the soufflé happens, and a bowl for the mushroom sauce. Not so many bowls, really. But Henrietta, whose genius is for census taking, counts in a cup in which I mix flour and butter, and the soup plate on which I grate the cheese.

Asparagus with Hollandaise is another accomplishment of mine,— two bowls and cheap at the price; flapjacks, — three bowls; coffee, — one bowl: this is my bargain counter, you see.

But if you are a connoisseur, follow me and I will make you salads. These are apt to bankrupt the bowl pantry, and draw on the corner cupboard. For bowls are necessary to wash the lettuce in, to wash the celery in, to hold the chilled tomatoes, to mash hard-boiled eggs against. The serious work of salad dressing, whether it be French, or Mayonnaise, or Thousand Island, or what not, can not be contracted for under three bowls. All these preliminary bowls lead up to the Great Bowl in which the crisp and cunningly disposed salad appears upon the table. I serve from this bowl into plates (I swear not into bowls) and to you partaking in what I trust is rapture, I disclaim any art. "Simplest little thing you know!" And I shall hope the tail of your eye does not observe Henrietta counting up on her fingers. It dashes me considerably to see her counting up.

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# Kitchen Magic

## By Marguerite Edwards Werner

ACCORDING to most housewives, Romance is taboo in kitchens. I do not mean the ordinary romance, of course, for many a love affair flourishes, and many a honeymoon beams in full view of the pots and pans, — but I mean the sort of romance, which inspires poets and painters, and sends the mind a-gypsying down green lanes of imagination to fairylands of delight.

Dear me! I almost believed that Romance dodged kitchens myself until the other day.

Out of the delightful bustle and lightning-change atmosphere of a newspaper office I followed my heart and my husband into "woman's sphere" and my own little kitchen.

Carefully I barricaded myself against drudgery with electric equipment in every form, with a network of wires and a battery of push-buttons to ward off the attacks of woman's ancient enemies, overwork and monotony. All my life I had listened to the wails of the sisterhood of Martha, — housewives "cumbered with much serving," tormented by "everlasting three meals," "eternal dishwashing," "endless dusting," and all the horrors of deadly dailiness too dreadful to be described except by sighs and head-shakings.

I got the idea that some baneful influence lurked in kitchens, waiting to jump out upon lighthearted, unsuspecting brides, to crush their enthusiasm, smother their imagination, destroy their spirit, and slowly, wickedly remove the polish and pinkness from their fingertips and the joy of life from their hearts. Some of the Marthas told me I never should have time to read anything more exciting than a cake recipe, — and that my mind, trained, disciplined and exercised for the amusement and instruction of the news-reading public, would wither and die, — dead! dead!! dead!!!

These good ladies insinuated that, once one took an average mind into a kitchen, it *never* got out again, but buzzed around sadly, bumping itself into kettles and brooms, getting its airy wings all soaked and draggled in dish water, gradually losing its power or desire to visit flowers, gather honey, or do anything but bumble and sting.

My! I'm glad they are wrong!

Almost I was persuaded there might be something to these dark predictions, so that after a month of honeymooning, after my husband had gone to the office, I used to half expect ghosts in my kitchen and hardly dared open the oven door for fear some imp would hop out to whisper, "Boo! How bored you are!" or that the demon in my chain dishcloth would mutter, "Gurgle-glub! you certainly see what a messy, unpleasant job *this* is!"

Then one morning I discovered that Romance *will* live in kitchens, and that the magic carpet of delightful dreams and free-ranging thoughts will, if need be, park itself quite happily by the pantry door, waiting the orders of the kitchen-queen.

There was to be vegetable soup for dinner and prosaic cabbage and onions, and potatoes had to be set boiling in the pot, with a bit of soup meat, salt, a blade of mace, and a clove or two for flavor.

All the rest I assembled with my work-a-day brain and fingers and then Romance touched me with her magic wand as I picked up my box of "imported cloves from Zanzibar."

"Cloves from Zanzibar!" Quick to the magic carpet! The white kitchen walls fade away and in their place the purple and green and foamy white waters of the Pacific toss and roll around me, and a warm, spice-scented wind runs out to greet me from the golden curve of a sand beach on the coast of Africa.

Zanzibar! No dull geographical boundaries, no population estimates and "principal products" rise to spoil my vague dream-picture of that far-off romantic land — but only a glimpse of a tropic clearing, sun-drenched, circled with thatched huts. Before the huts, black, half-naked women spread the clove harvest to dry on coarse grass mats, laid in the sun. Cloves to me — those little hard, shriveled things in my hand, black and uninteresting, — but to the women who gather and dry them for my use they were delicate flower buds, softly green-stemmed, with creamy white petals folded into a tight little crown at the top. Before the buds could unfold and spend their spicy sweetness for the allurement of humming bird and bee,

the quick dark fingers gathered them from the swaying branches, despoiling their flower-life, and setting the hot sunshine to capture and imprison the aromatic oil that brings a price.

Could the black women guess, as they worked at their fragrant task, the long, long journey, the wealth of adventures that must come to their handful of flower buds before they reached *my* fingers?

Centuries and centuries of civilization, miles on miles of land and sea separate the woman who harvested the spicy buds from the woman who dreams over them today. But though we are so many worlds apart I know the dark woman's fingers loved the sweet softness of the little buds she gathered, that she sniffed their perfume with the same pleasure I know now, and that she would understand in an instant why I desire their piquant contribution to my soup pot — to please my mate, of course!

Cloves from Zanzibar! For a few cents, for a moment's dreaming, after months of travel, by the labor of hundreds of human hands, these dried flowers bring me a swift picture of "lands beyond the sea," a vision of tropic warmth and color, a vague message from other women, — so different, so like me!

Mm-m! Sweet savors from my simmering soup kettle bring me back to earth and return my magic carpet to the kitchen floor with a business-like thump. Into the pot I drop my little black cloves, one by one, and turn away to the duty of setting the dinner table, not bored, or tired, but with a sense of the fullness and color of life — for have I not just returned from a journey to Zanzibar?

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## A Balanced Menu

The following may be taken as a general guide in the preparation of a well-balanced menu for an adult doing an average amount of physical or mental work:

BREAKFAST

(I)

Fruit
Cereal with Cream and Sugar
Eggs and Bacon
Bread with Butter
Tea, Coffee, Cocoa or Chocolate, or Water

LUNCHEON

(II)

Fresh Fish, Chicken, Quail or Grouse
One Starchy Vegetable
One Green Vegetable
Bread with Butter
Baked or Stewed Fruit, or a Salad
A Glass of Water

DINNER

(III)

Soup
Fish or Meats

| | |
|---|---|
| One Starchy Vegetable | Two Green Vegetables |
| Celery or Salad | Bread with Butter |
| Sweet Dessert | A Glass of Water |

Demi-tasse, if Desired

Honey, jam, marmalade, or other sweets, as well as olives, nuts, and toasted crackers and cream cheese, may be added to any menu for persons in health.

*From "Food for the Sick and the Well," by* M. J. THOMPSON.

# For the Easter Menu

By Alice Urquhart Fewell

HERE is a unique arrangement of Easter eggs, which is sure to make a strong appeal to the kiddies, and furnish at the same time an attractive dessert for the Easter menu.

## Eggs in a Nest

The little bird's nest, illustrated on page 600, is made of molasses candy, and filled with ice-cream eggs. To reproduce the nest, use any favorite molasses candy recipe, and, when the candy has been pulled, shape long strands round and round to form the nest. Long, thin strands of the candy may first be braided if desired, and then shaped. Start at the bottom of the nest with one end of the candy strand, and wrap the strands round and round one on top of the other until the bottom is made. Build up the sides of the nest in the same manner. The nests should measure about three and a half inches across, and one must be provided for each person served. Place the nests on individual serving plates on a waxed paper doilie, and fill them with ice-cream eggs. The eggs are made from ice cream which has been frozen until very hard, and they are scooped out from the freezer with a large French potato scoop. If two or more kinds of ice cream are provided, each made a different color, the eggs will be far more attractive, as the nest will contain a variety of colors.

Easter is always closely associated in our minds with flowers, and this arrangement of flowers and ice cream is especially attractive.

## Flowering Ice Cream

The cut, on page 600, illustrates the serving of ice cream in tiny flower pots, with a garnishing of Easter flowers. For every person served a small, new flower pot must be provided. These pots should be about two and a half or three inches in diameter, and they may be purchased at any seed store for a very small sum. Place the flower pots on individual serving plates with a doilie underneath. Line them with waxed paper, putting several thicknesses at the bottom, and then fill nearly full with ice cream. On top of the ice cream sprinkle grated milk chocolate, to give the appearance of earth, or chocolate ice cream may be used instead. Select any desired flower, either fresh or artificial, wrap the end of the stems with waxed paper, and stick the flower, in the ice cream as though it were growing in the pot.

## Mock Eggs on Toast

Bake sponge cake in a bread pan, and when cold cut into slices about a quarter of an inch thick. Place one slice of the cake in the center of an individual serving plate, and on top of it put half of a canned peach placed so that the rounded outside portion is up. Around the peach arrange whipped cream so that it will have the appearance of the white part of a poached egg. The cake represents the toast, the peach the yolk, and the whipped cream the white, making a very realistic "poached egg" to be served for dessert.

## "Hard Boiled" Eggs

Make a small opening in the end of a raw egg, and shake out the contents into a bowl. The shell remaining should be intact, save for the small hole in the end. An eggshell of this kind will be necessary for each person to be served. One can begin to save these shells for a week or so before they are to be used, taking the egg from the inside for cooking or the table. If the shells are to be kept, they must be rinsed out with cold water and stored in a cool place. Fill these eggshells with a Spanish cream mixture,

or blanc mange or any gelatine dessert may be substituted. Set the shells up on end so that the mixture will not spill, and allow them to remain in a cool place until the dessert is firm. The shells may be conveniently supported by placing them in small gem-pans. When the inside is hard, break and remove the shell, and the dessert will be in the exact shape of an egg. Place these "hard boiled eggs" in a bowl, and serve with whipped cream. Different colored eggs are attractive, and this may be done by coloring small portions of the dessert mixture with vegetable coloring matter before pouring into the shell.

Easter foretells the coming of spring with its flowers and butterflies, and the salad that follows will be found most appropriate for this time of the year.

### Butterfly Salad

Cut slices of canned pineapple in half, and place the halves on lettuce leaves so that the two rounded portions come together in the center, forming the wings of a butterfly. Make the butterfly's body from cream salad dressing, shaping it in between the wings. To make the spots on the wings use tiny pieces of red and green pepper, candied cherries, and any dried fruits that may be at hand. The feelers are made from shredded celery.

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# Midday Easter Dinner

EASTER Sunday, being the day it is, affords specially good opportunity for something distinctive in the midday meal — the something different that marks the outstanding days of the year in their turn, and gives an interest that can be afforded nowhere else. The family altar around which our forefathers gathered is nearest approached in our day by the family board, the only place where all come together, and so, the place to be made as attractive as the housemother's means will allow.

After the Easter service the spirit is in a state of attunedness for whatever may offer in harmony with the meaning of the day, and ever so little a thing, we have found, will please in its suggestiveness. In our house we always give thought for something a little different from preceding Easters; there must be, at least, one dish or feature that will be in the nature of a surprise.

This year the first thought is that the table shall present only white and green; a growing plant will form the centerpiece, and we will use the white-and-green china. The modest little menu planned can be largely gotten ready the day before:

Creamed breast of chicken
Green peas in potato cups
Whole stuffed eggs
Plain olives — green pickles
White bread — butter
Pistachio jelly with sweetened cream
Silver cake

For the potato cups we cream the potatoes, then shape into round cakes with the hand, using a small cup dipped in the white of egg to make the depression into which the peas are filled. Cooked in an open vessel to preserve their greenness the peas have been seasoned and drained, and are ready to be put in as soon as the cups are brought forth from the oven, where they have been placed for a minute or two to set. The filled cups are best served in a chafing dish, where they can be kept quite hot.

Our eggs we halve, lengthwise, and fit and hold together with a small toothpick, the large end flattened with a sharp knife so that it stands upright. A ring of green pepper, if it can be gotten the right size, will hold the egg without the toothpick. Or a stem of nasturtium — a leaf with a long, pliable stem — can be utilized even more effectively than the pepper ring, — the stem wound round the egg and the end caught in with the leaf. F. L. T.

# AMERICAN COOKERY

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OF

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## The Ides of March

THE IDES OF MARCH — when gentle Spring
Stands o'er King Winter's icy bier;
Bold monarch, merciless, austere,
Relentless with his zero sting!

All nature gasped with his last fling —
King Winter long had learned to fear
THE IDES OF MARCH!

"Ah soon," Spring whispered, "Birds will sing,
And budding nature scatter cheer,
While rippling waters please the ear.
"All hail, thou harbinger of SPRING
THE IDES OF MARCH."

*Caroline E. Sumner.*

## INCENTIVES TO WORK

SAD it is, but true, many people are not inclined to work unless need of the necessities of life compels them to effort. Those who have lived in Mexico report alike that the reason for the poor condition of life there is simply that the people are indisposed to work. Everything is put off until tomorrow. The climate and soil are so propitious but little effort is called for to provide for the physical wants of existence, and indolence has become a national trait of the land. In all parts of the earth there are masses of people who are but little farther advanced in civilization than the Mexican. They are inclined to work only when the actual needs of food and clothing and shelter are pressing. Now, easy jobs and a good time are not the only desirable things to be had on earth. Honest toil is not only wholesome, but also it is conducive to genuine comfort and contentment in life. "In the sweat of thy face shalt thou eat thy bread" is fraught with meaning. In the absence of other incentives to labor, the everyday needs of existence may be a proper and necessary urge to activity.

## HIGHER PRICES

IN order to reduce the cost of living, people must produce more and buy less lavishly. Gradually the price, at least, of the necessities of life, must be reduced all along the line, including the price of labor. After the armistice was signed we began wrong and have pursued a wrong course thenceforth. When the leaders of organized labor took the stand that whatever else be reduced in cost, the price of labor should remain the same, they assumed a stand that was selfish, untenable and intolerable. As a matter of fact, invariably as the price of labor has advanced the amount of production has diminished, and the cost of goods has gone higher. Where is the limit?

Of labor it is said, "it demands four things — shorter hours, easier work, more pay and lower prices. In view of the first three, the fourth demand is utterly impossible." We must produce more and demand less.

A writer in *The Saturday Evening Post* states the case as follows:

"We are tired of being good and have started out to raise Cain. A year and a half of war, work and sacrifice appears to have been too much for us. Saving is passé. Talk of thrift and efficiency now bores us. As a nation we have

always been the champion wasters of the world, and we seem resolved to hold fast to this title of being the leaders in extravagance.

"Since the signing of the armistice people appear to have gone mad in the scramble to spend money. Dealers in luxuries cannot get enough goods to supply the demand. Folks who used to buy an eight-dollar article now refuse the same article that is today selling for fourteen-dollars. They insist on having a twenty-dollar article that used to be twelve-dollars. Not only are they willing to pay higher prices, but they also insist on higher quality.

"Every one with a grain of intelligence is aware that the situation of society throughout the earth today is the same as would have resulted from a monstrous devastating fire. We came out of the war with distraught nerves which seem to have played havoc with our good sense. We shed tears over the evils of our high-cost-of-living problem, and on the same day enter a request for shorter hours of labor. During our recent troubles we worked hard to win a victory; why should we now refuse to work hard to pay for the war? During the past twelve months there have been in the neighborhood of two thousand important strikes and lockouts here in the United States. Each and every one has cut down production and helped to boost the cost of commodities."

## SCHOOL CAFETERIAS AID AMERICANIZATION WORK

AMERICAN COOKERY not only played an important part in the winning of the war, but is following this good work in assisting to subdue unrest at home. Having done our part abroad toward making the world safe for democracy, attention is being turned to Americanization work within our national household, and here again the food question looms to the front. The good citizen must be well fed, for it has ever been observed that hunger, more than anything else, is the cause of crime. Perhaps not always hunger at the moment, but a lack of the necessities of life has caused a feeling of embitterment toward society.

Settlement workers have often directed attention to the fact that the children of poor and ignorant parents are often under-nourished, not because of any serious lack of food, but because of a poor selection and indifferent preparation. This is particularly true of foreigners who have been compelled to forego many of the dishes to which they were accustomed in their old homes, and to adopt new ones which they are not skilled in preparing.

The Board of Education of Oakland, Cal., has made extensive experiments in Americanization work and has found that school cafeterias have proven to be agencies of unusual efficiency in this line. By serving a noon meal it has made certain that children receive proper nourishment, at least once a day. The children are taught by object lesson the proper kind of food to eat, as well as American ideals in home life and manners at the table. The cooking is done by the classes in domestic science, many of whose members come from foreign families, and whose training is having a beneficial effect in the home, as attested by happy mothers.

In this city cafeterias have been established in three schools, where Americanization work in all its branches is being carried on extensively, owing to the large attendance of children of foreign extraction. With gentle firmness the teacher in charge of the cafeteria explains that a knife is made to cut with, but that a fork is used in carrying food to the mouth. This explanation does not have to be made frequently, as the children who have not had proper training are quick to realize that a meal is much more enjoyable when eaten in the proper manner, and vie with each other to reach the perfection of manners. The niceties

of deportment are taught in the realization that every girl leaving the school may some day be the mother of children, and that she will surround them with the environment which is their heritage.

Tables for the baby classes and kindergarten are placed between those of the older girls. White table cloths with bluebirds winging their way across them are spread on the tables, and on each one is a basket of flowers, the baskets being woven in the school. No meal costs more than ten cents, the dishes costing from one to three cents, each. A meal consists of soup, a meat or stew, a dessert and milk or chocolate. The upper grade cooking classes do the cooking, but they do not have to wash the dishes, or do such duties as peeling potatoes and other vegetables, after having learned the proper way of peeling them.

The children take great pride in keeping the cafeterias clean, each school desiring its own to be the model of the city, with the result that each is a model in itself. In one of the schools almost three thousand meals were served during the first fifteen weeks, most of the children attending being the very ones it was desired to reach.

The cafeterias are practically self-supporting, and any extra funds required for their upkeep are obtained by entertainments and rummage sales. Members of needy families often attend the rummage sales and secure serviceable clothing for their children at a small cost. The work of the school cafeterias is being directed by a trained instructor, who was engaged for the purpose. T. A. C.

## EVER THE SAME PROBLEM

The welfare of individuals and races is subject to their food supply, or the manner in which they are fed. Plain, wholesome dishes, prudent, economical ways and means in housekeeping, then, are the subjects least to be neglected. And, it seems to us, the food question is becoming daily of greater and more fundamental significance than ever before. Ruskin says somewhere: "First feed people, then clothe and house people, then please them with art," etc. Notice how feeding is put first in importance. And as time goes by and knowledge comes, the problem of proper feeding holds still first place in all matters of economy and government throughout the world — F. and C.

## NOTES

WE are glad to state that in the past few months subscribers to AMERICAN COOKERY have responded nobly, and our list has grown steadily in numbers. Now is the time your encouragement is most highly appreciated. We are confident our readers will not be disappointed with the future issues of the magazine. The prospects are good for better things.

We deem it safe and easy to mail postage stamps, or a dollar bill and twenty-five two-cent stamps, for a single subscription to AMERICAN COOKERY. For larger orders, perhaps, a money order is the more convenient form to enclose payment.

What with labor and transportation troubles and the abnormal prices of all things, the task of the publisher, of late, has been hard indeed. The violent snow storm the first week of February set back the work of printing and mailing one week. Notwithstanding, our plan and purpose are to put AMERICAN COOKERY into the mail before the first day of each month.

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## 'Tis Springtime

March winds are blowing o'er mountain and vale,
Flinging the snow drifts away,
Rivers run riot and laugh at the gale,
Skies are all sunless and gray;
Robins regretting their journey so long
From Southland, where blossoms were bright,
Seek shelter from storm forgetting their song,
While swift fall the shadows of night,
But out in the woodland the children have found
Sweet bloom on a low-trailing vine,
"Arbutus! 'Tis Springtime!" Their voices resound
With joy, and their joy shall be mine.

*Ruth Raymond.*



FIG CUSTARD, FROZEN (See Page 598)

# Seasonable-and-Tested Recipes

## By Janet M. Hill and Mary D. Chambers

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon. and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

### Cream of Corn Soup

Cook one-half an onion, fine-minced, in four tablespoonfuls of butter until onion is brown. Add four tablespoonfuls of flour, two cups of milk, two teaspoonfuls of salt, one-fourth a teaspoonful of pepper, and one or two bouillon cubes. Stir over fire until the mixture boils and thickens. Add one pint of sweet canned corn, sifted through colander. Let the whole boil up once, and serve with croutons.

### Tomato Fritters

Beat one egg; add one-half a cup of water or stock, one-half a teaspoonful of salt, one-quarter a teaspoonful of pepper, and a tablespoonful of very fine-chopped parsley. Add two cups of flour, sifted with three teaspoonfuls of baking powder. Beat the whole well together, then add two or three fresh tomatoes, peeled and cut in small pieces, or one cup and one-half of canned tomatoes, and two heaping tablespoonfuls of grated cheese. Cook by spoonfuls in butter or fat on a hot pan, and serve with a tomato sauce as an accompaniment to roast meat.

### Baked-and-Stuffed Codfish

Remove from a fresh codfish the scales, fins, head and tail. Open and clean or wipe with damp cloth. Sprinkle the inside with pepper, and fill with the following stuffing:

Two cups of bread crumbs, squeezed out of hot water or milk, and seasoned with one-fourth a cup of melted butter, one-fourth a cup of chopped mushrooms, two tablespoonfuls of capers, one teaspoonful of Worcestershire or any other piquant sauce.

When stuffing is inserted, tie fish up firm, and bake in rather hot oven for three-quarters of an hour, basting with hot water and a little butter. Just before removing from pan brush over

surface with melted butter, and sprinkle with crumbs, which should be allowed to brown before taking fish from oven.

Strain the liquid in the pan; add to it the juice of one lemon, and pour around fish on platter. Garnish with mashed potatoes and sliced pickled beets.

## Easter Eggs (Gelatine)

Save, for some time before Easter, as many shells of raw eggs as you wish for, by removing the contents through a hole, about the size of a ten cent piece, in the small end. Wash out the interior of each shell with cold water, so that no trace of albumen will adhere to the inside.

To make the Easter eggs prepare a pint and one-half of milk-gelatine (this will fill a dozen shells), by following any recipe for gelatine jelly, and substituting milk for the liquid or mixture of liquids used. The gelatine should not be acidulated, and if it should seem to curdle on the addition of the milk, this appearance will disappear on solidifying. Divide the milk-gelatine while still liquid into three parts; add a couple of spoonfuls of strawberry or other red-colored preserve to one; to another, the grated rind of one large orange; to the third, one teaspoonful of almond extract. Fill the empty egg-shells with the different colored gelatine, using a small paper funnel, and stand each shell upright on its large end on a bit of paste.

When the jelly filling is solid, dip each egg for a moment in very hot water to dissolve a little coating of gelatine all over the inside, and break away the shell by chipping it off with the fingers.

Arrange the eggs, in contrasting colors, in a china basket or other fancy dish.

## Eggs Vallombrosa

Cook one-half an onion, shredded, in two tablespoonfuls of butter, in an agate pan until a deep yellow. Add one-half a cup of rich cream, and six eggs, previously hard-boiled and cut in halves lengthwise. Mix with two eggs beaten very stiff, two tablespoonfuls of parsley, one-half a teaspoonful of salt, one-fourth a teaspoonful of pepper, one-half a cup of fine, toasted bread crumbs, a grate of nutmeg, and the juice of one-half a lemon. Pour this mixture over the eggs in the pan, cover, and cook until set.



BAKED-AND-STUFFED CODFISH

## Eggplant à l'Espagnole

Wash and pare a rather small eggplant, and cut in one-inch dice. Peel four onions, four tomatoes, and cut in slices. Chop two green peppers, previously parboiled and the insides removed. Heat in an agate pan one-fourth a cup of butter or fat, and in this cook the sliced onions and peppers until the onion is a pale yellow. Add sliced

tomatoes and diced eggplant, cover, and simmer for twenty minutes or half an hour over a very slow fire, keeping closely covered. Add, at the last, two tablespoonfuls of flour, mixed with one-half a teaspoonful of salt; stir until the whole is slightly creamy, and serve hot in a covered dish.

## Round of Beef with Raisins

Put into casserole one-fourth a cup of butter or fat, and when melted add one cup of the following mixture: Equal parts of celery, carrots, onions, and ham, chopped together. Cook until the vegetables are browned, then lay over them four pounds of beef from the tougher end of the round. Cover with a second cup of the same mixture and cook in a hot oven for three quarters of an hour. Remove meat from casserole, strain off vegetables; add a cup of stock to the strained liquid, and return with the meat to the casserole. Over the meat spread one cup of seeded raisins. Cover, and cook for one hour and one-fourth longer. Serve from casserole.

## St. Patrick's Day Green Cheese

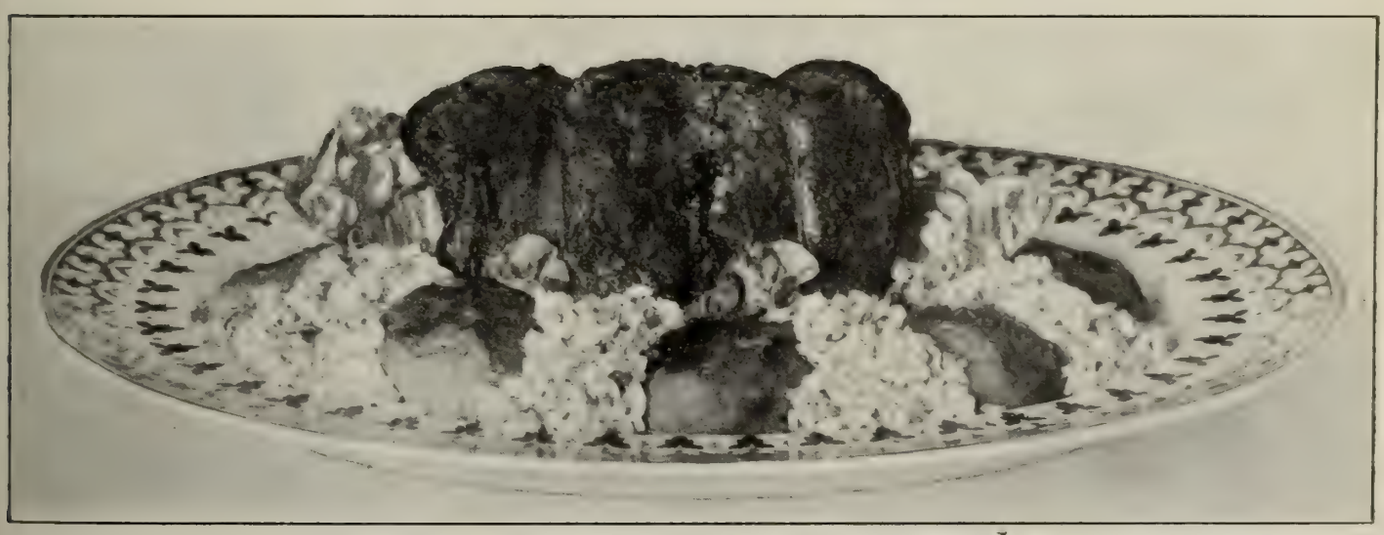
Take two ounces of fresh parsley, one ounce of water cress, one ounce of celery. Dry the parsley before the fire or in the oven until it is crisp, and can be crumbled, but not until it has lost its color. Chop the cress and celery; add to the crumbled parsley, and mix with four ounces of fresh cream cheese. Flavor with one-fourth a teaspoonful of salt and a small speck of cayenne; pass the whole through a colander, and form into wee cheeses to pass with the salad. They may be kept in the refrigerator until needed.



ROAST VEAL, AU JUS

## Roast Veal, au Jus

Season a filet of veal with salt and pepper and put in pan with an onion, carrot, bay leaf, clove and piece of butter. Put in a double roaster, place in oven, bake, in moderate oven two and one-half hours. Remove cover, baste every five minutes for one-half hour. Remove meat to platter. Put a little water in the pan and let simmer for five minutes. Strain and pour this gravy around roast. (Do NOT THICKEN veal gravy.)



SHOULDER OF LAMB, BONED AND ROASTED

## Shoulder of Lamb, Boned and Roasted

Have a shoulder of lamb boned and rolled, ready for the oven. Set it on the bottom of a roasting pan in a hot oven, reducing the heat when the meat has seared over. Arrange parboiled potatoes and cooked rice around the edge of the roasting pan and, when the meat is well cooked, remove from baking pan to a platter and surround with the rice and potatoes. Garnish with heart-leaves of lettuce.

## Cold Boiled Ham with Green Butter

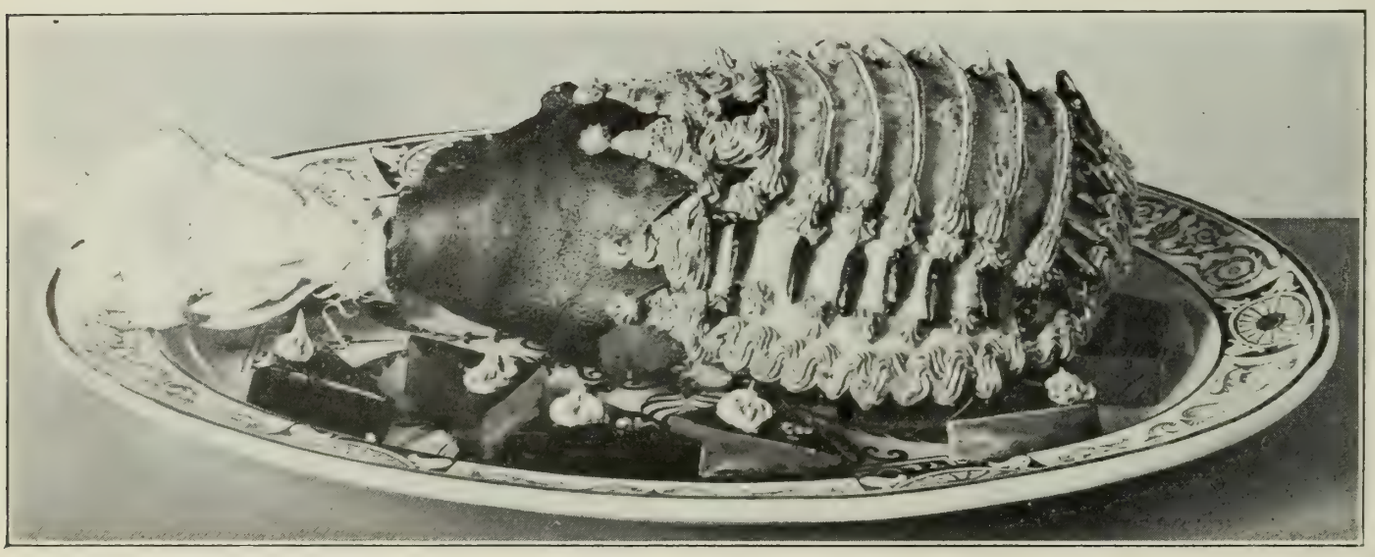
Soak the ham over night. Put over the fire in cold water, and bring quickly to the boiling-point. Let boil ten minutes, then simmer about four hours, or until tender. Cool partially in the broth. Remove the skin and, when thoroughly cold, cut the centre of the ham in slices. Remove one slice, to facilitate cutting the slices from the bone below, then return the slice to its place, and pipe with green butter, to indicate the position of the slices. Decorate the rest of the surface with piping and small chillies. Surround with triangles of aspic, ornamented in the same way. Serve with bread-and-butter sandwiches and potato or green vegetable salad.

## Green Butter

Cream half a cup of butter. Add the sifted yolks of one or two eggs, a few drops of anchovy essence, if wished, and enough spinach pureé to give the tint desired.

## Apple-and-Onion Salad

Wash, pare and core two sour apples and cut them into dice. Wash one medium-sized onion (not too strong in flavor) and remove the outer skin. Cut the onion into tiny pieces. Mix the apple and onion together and add enough mayonnaise dressing to make a creamy mass. Arrange this on well-prepared lettuce leaves. Decorate the top of the salad with narrow strips of pimiento and with small lettuce leaves. A half walnut may also be laid on each salad. Serve with this salad crisped crackers.



COLD BOILED HAM, WITH GREEN BUTTER

## Scalloped Cheese

6 slices buttered bread
2 or 3 eggs
½ cup cut cheese
½ teaspoonful mustard
½ teaspoonful salt
Few grains cayenne pepper
2 cups milk

Butter the bread as for table use, then cut the slices into small squares or into cubes. Arrange half of them on the bottom of a buttered baking dish, with the buttered side down. Mix the seasonings with the egg and beat well, then add the milk. Sprinkle the cheese, cut into small pieces, over the first layer of bread,



SCALLOPED CHEESE

then cover with the remaining bread, with the buttered side up. Pour the egg and milk mixture over the whole, pressing it down with a silver fork. Let the dish stand ten minutes, then bake it for about forty-five minutes, until it is firm and golden brown. Do not have the oven too hot.

## Cincinnati Chicken

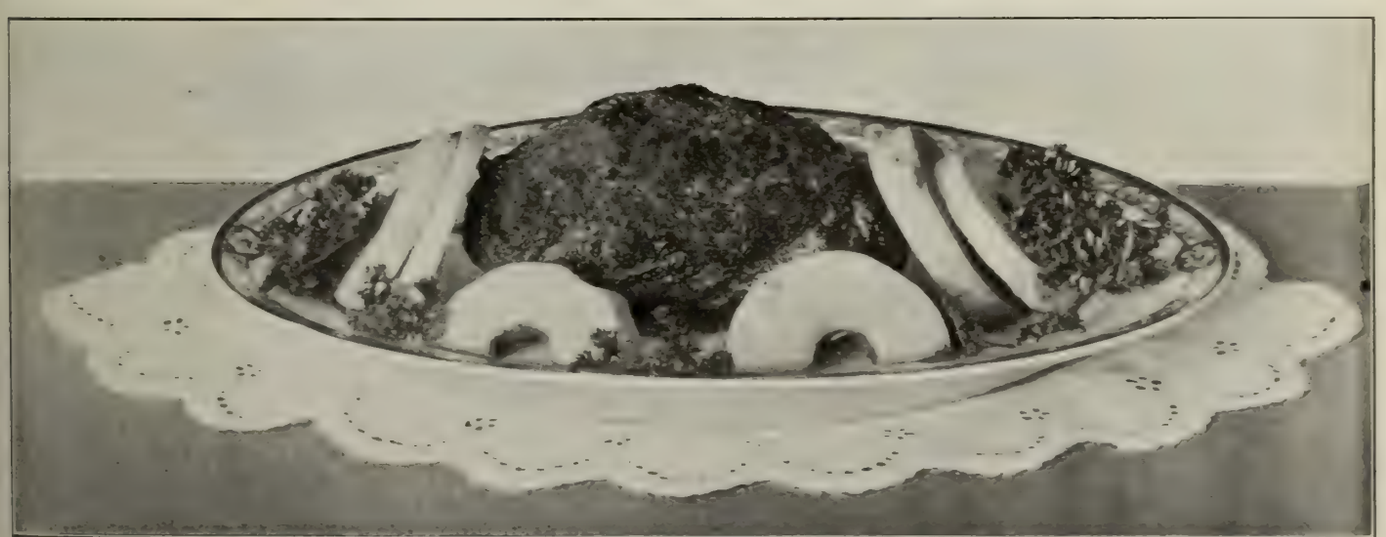
Split lengthwise a pork tenderloin, leaving the halves joined. Pound the meat of each side until about a half-inch thick. Spread with the following stuffing: One cup of bread crumbs, one-quarter a teaspoonful of salt, one-eighth a teaspoonful of pepper, a slice of onion, chopped, one teaspoonful, each, of chopped parsley, pickles, capers, and lemon juice, and a tablespoonful of olives, peeled and chopped. Mix into this one-fourth a cup of melted butter and one beaten egg. Arrange the stuffing so that it will heap in the center, and sew or tie the edges of the meat together so that it will resemble a plump, boned bird.

Bake, with careful basting, until well browned.

## Snow Eggs for Easter

Beat very stiff the whites of three eggs with four tablespoonfuls of sugar. Drop this mixture, by tablespoonfuls, into one quart of milk heated to boiling point. Allow to cook without permitting the milk to boil, until the "eggs" are well puffed up, when they will need to be carefully turned over, to cook on the other side. Lift out of milk, one by one, on small skimmer as cooked, and arrange in a shallow glass dish. Proceed thus until all the egg-whites have been cooked and piled in pyramid fashion on the dish.

Stir one-half a cup of granulated sugar into four tablespoonfuls of flour until the two are thoroughly well mixed; add this



CINCINNATI CHICKEN

to the remainder of the hot milk, and cook as for white sauce. Lastly, stir in the four egg-yolks, well beaten, and flavor with a few drops of vanilla or any preferred extract. Pour this custard around the pyramid of egg-shaped balls, and garnish with bits of angelica.

## Apple-and-Pimiento Salad

Pare and cut three medium-sized apples into small slices. Add one canned pimiento cut in cubes. Mix with mayonnaise dressing to moisten. Dispose the material upon a bed of heart-leaves of lettuce.

nished with heavy cream whipped stiff, with the addition of one-half its volume of rich strawberry preserve. One-half pint of cream, and one-half a cup of preserve should be enough to garnish twelve glasses of the frozen custard.

If it is desired that this frozen dish shall retain its stiffness for an extra long time, or if it is to be served in molds, one-half a package of gelatine, hydrated in one-half a cup of cold water, and dissolved over boiling water, added before the custard is put into the freezer, will ensure its retaining its stiffness and holding its shape reasonably well.



APPLE-AND-PIMIENTO SALAD

## Fig Frozen Custard

Soften one-fourth cup of butter sufficiently to blend into it one-fourth a cup of flour. Stir this into one quart of hot milk in saucepan over fire, and cook until the mixture is thick and smooth. Add one cup of granulated sugar, and from three to four well-beaten eggs, and stir rapidly until mixture is creamy. Cool, and freeze until mushy, then add one-half a pound of dried figs, previously chopped and steamed until soft. Continue freezing until hard. Serve in glasses, gar-

## Quick-Process Hot Cross Buns

Blend into one cup of warm milk one compressed yeast cake; dissolve in the mixture one-half a cup of sugar, add one cup of flour, and let rise in a warm place until double in bulk. Sift together two cups, scant, of flour, one nutmeg, grated, one teaspoonful of salt, and work into this one-fourth a cup of butter. Add this to sponge when well risen, and knead into a soft dough with one-half a cup of currants, and, if desired, a few bits of citron. Break off from the dough small pieces

about half the size of an egg, roll into balls, place in baking pan, and flatten into rounds one-half inch thick. (This method saves waste in using a round cutter.) Let rise in pan until very light, score a cross on the top of each, brush with a mixture of beaten egg and sugar, or water and sugar, dust with granulated sugar, and bake in hot oven

These can be made in three hours.

## Walnut Crackers

Cream one-half a cup of butter; add one-half a cup of granulated sugar, then one beaten egg. Sift in gradually as much flour as needed to make a very stiff paste — it is possible to use three cups or a little more. It should be as stiff as a noodle paste. Knead into the paste one cup of fine-chopped walnuts, sprinkled with one-fourth a teaspoonful of salt. Roll out thin, and cut into fancy shapes or simple squares. These should be baked in a rather slow oven for thirty minutes.

## Shamrock Rolls

Make a sponge of one cup of milk (scalded and cooled), one yeast cake (softened in one-fourth a cup of lukewarm water), and one cup of flour. Set aside



SHAMROCK ROLLS

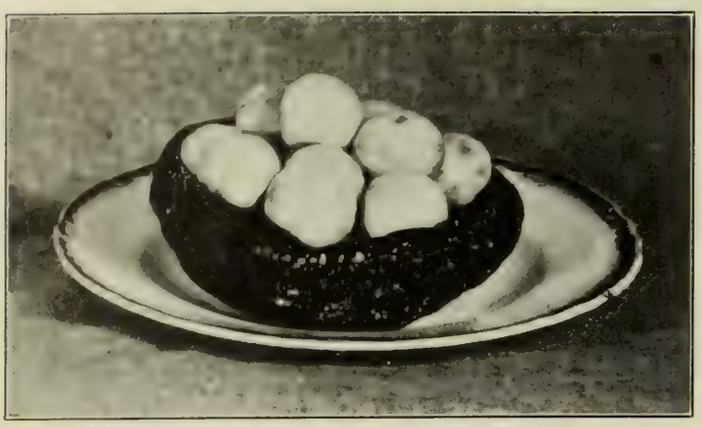
until light (about one hour). Then add two tablespoonfuls of sugar, one teaspoonful of salt, one-fourth a cup of butter and flour to knead. Knead thoroughly; let rise until double in bulk, then shape into balls about the size of an English walnut. Put three of the balls into each round muffin tin. When light bake in a hot oven about twenty minutes.

## Canned Apricots, Frozen

Remove the paper from a can of choice apricots and pack the can in salt and crushed ice, using equal measures of each. Let stand about one hour and a half; then with a can-opener cut around the top of the can, about half an inch below the edge, and take off the top of the can; invert and remove the contents. Surround with a pint of marshmallow cream. In the time mentioned, the salt




CANNED APRICOTS, FROZEN



EGGS IN NEST (See Page 508)

and ice being proportioned as above, the apricots will be frozen quite firm. If the frozen can is to stand longer before being served, cut down the quantity of salt. The dish is at its best if not frozen too hard.

## Apple Macaroni Pudding

Core six large apples, and chop in pieces without paring. Cook until soft in water barely to cover, acidulated with two tablespoonfuls of lemon juice. Remove from fire; add one cup of sugar, one teaspoonful of grated nutmeg, and one tablespoonful of candied lemon peel, chopped fine.

Have ready one cup of macaroni, cooked until soft. Add this to apples in baking dish, and bake, covered, in hot oven until apples begin to redden. Remove cover, and pile in meringue on top of the pudding, or cover with buttered crumbs, or with fine-grated cheese. Let surface brown, and serve while hot.



FLOWERING ICE CREAM (See Page 508)

## Creamed Dates

Boil one cup of sugar with one-third a cup of water until it threads; it should take about eight minutes. Beat stiff the whites of two eggs, with one-eighth a teaspoonful of cream of tartar. Prepare one-half a pound of dates by removing stones, and stuffing with blanched almonds. Put these into the hot syrup, immediately add the beaten white of eggs, and stir very rapidly until just creamy. The last part of the operation may best be done away from the fire. Serve as a compote with whipped cream, or as a garnish with tart, baked apples, custard, or gelatine jelly.

## Macaroon Pudding

Soak one dozen macaroons in one-fourth a cup of currant jelly and two tablespoonfuls of lemon juice, dissolved over hot water. Make a soft custard of one pint of milk, one-fourth a cup of sugar, the beaten yolks of two eggs and one whole beaten egg. Flavor with almond extract. Add to custard four more macaroons, heated in oven until crisp, then rolled into crumbs. Pour this mixture into the serving dish; add the macaroons soaked in currant jelly; pile over them a meringue of the two left-over whites of eggs, beaten stiff with two tablespoonfuls of powdered sugar, decorate with small cubes of any bright colored jelly, and place in oven until meringue is slightly browned on top.

## Pineapple Custard Pie

Pare and chop one large pineapple, and cook in its own juice until it boils. Make a soft custard of two eggs, one cup of milk, and one-half to one cup of sugar. Stir into this one cup of rolled and sifted bread crumbs; add the pineapple, mix all together, and bake in pastry shell. The pie may or may not be garnished with meringue.

# Well-Balanced Menus for Week in March

## SUNDAY

**Breakfast**
Grapefruit
Calf's Liver and Bacon  Creamed Potatoes
Lady Finger Rolls (Reheated)
Fried Mush (Wheatena)
Brown Sugar Syrup  Coffee or Cocoa

**Dinner**
Tomato Soup, Croutons
Creamed Onions  Cincinnati Chicken
Mashed Potato  Rhubarb Sauce
Raspberry Sherbet  Sponge Drops
Coffee

**Luncheon**
Potato Salad  Smoked Herring
Toasted Crackers, Chocolate Whipped Cream
Tea

## MONDAY

**Breakfast**
Quaker Oats, Sliced Dates
Shirred Eggs, Corn Muffins
Coffee or Cocoa

**Luncheon**
Cream of Corn Soup
Hot Boston Brown Bread
Tomato Rarebit
Walnut Crackers
Tea

**Dinner**
Broiled Lamb Chops
Stringless Beans, Baked Potatoes
Mint Jelly, Cabbage Salad
Pineapple Custard Pie
Tea or Coffee

## TUESDAY

**Breakfast**
Gluten Grits, Thin Cream
Broiled Scrod, Hashed Brown Potatoes
Graham Muffins
Coffee or Cocoa

**Luncheon**
Flank of Veal-and-Potato Hash
Tomato Catsup
Pulled Bread
Rhubarb Pie
Cocoa

**Dinner**
Braised Beef with Vegetables
Spinach, Steamed Potatoes
Lettuce Salad
Cherry Pudding
Coffee

## WEDNESDAY

**Breakfast**
Orange Juice
Cream of Wheat, Top Milk
Poached Eggs on Toast
Rye Muffins
Coffee or Cocoa

**Luncheon**
Creamed Smoked Beef
Baked Potatoes
Pineapple Omelet
Tea

**Dinner**
Meat Pie, Vegetable Hash
Riced Potatoes
Caramel Bavarian Cream
Tea or Coffee

## THURSDAY

**Breakfast**
Salt Codfish Balls, Piccalilli
Spider Corn Cake
Philadelphia Butter Buns
Coffee or Cocoa

**Luncheon**
Spinach-and-Cheese Soufflé, Cream Sauce
Rye Muffins
Warsaw Custard
Tea

**Dinner**
Round of Beef with Raisins
Tomato Fritters, Duchesse Potatoes
Eggplant a l'Espagnole
Cocoanut Custard Pie
Tea or Coffee

## FRIDAY

**Breakfast**
Pulled Figs, French Omelet, Grilled Potatoes
Parker House Rolls
Coffee or Cocoa

**Luncheon**
Hot Cheese Sandwiches
Succotash
Baking Powder Biscuit
Loganberry Jiffy Jell, Cookies
Tea

**Dinner**
Baked and Stuffed Codfish
Maître d'Hôtel Potatoes
Cauliflower, Hollandaise Sauce
Cucumber Salad
Custard Renversée
Tea or Coffee

## SATURDAY

**Breakfast**
Broiled Ham
Potatoes Hashed in Milk
Popovers
Apple Sauce
Coffee or Cocoa

**Luncheon**
Escaloped Fish
Cabbage-and-Beet Salad
Dry Toast, Rhubarb Sauce
Canned Peaches  Macaroons
Tea

**Dinner**
Broiled Sirloin Steak
Creamed Onions
Potatoes Paprika
Buttered Carrots  Endive Salad
Ice Cream  Chocolate Sauce
Tea or Coffee

# Menus for Special Occasions

## LENTEN LUNCHEON

Oyster Cocktails
Cream of Asparagus Soup
Broiled Shad Roe, Sauce
French Fried Potatoes
Water Cress
Lobster Creole in Timbale Cases
Cheese Straws Olives
Black Coffee

## TEA (ST. PATRICK'S DAY)

Tea Cocoa Bouillon
Sandwiches (Lettuce, Green Cheese, Lobster)
Olives Pimolas Fruit-and-Nut Salad
Shamrock Rolls
Pistachio Ice Cream Raspberry Sherbet
Mints Bonbons Nuts

## EASTER DINNER

Cream of Lettuce Soup
Olives
Brook Trout, Fried, Sauce Tartare
Maître d'Hôtel Potatoes
Asparagus in Patties
Crown of Lamb, Mint Sauce
Bernhardt Potatoes Banana Fritters, Orange Sauce
Broiled Squabs
Cucumber-and-Tomato Salad
French Dressing
Cream Cheese Bar-le-Duc Currants
Pineapple Sherbet
Assorted Cakes
Candied Mint Leaves
Coffee



# Fish We Like

By F. M. Christianson

THE foods eaten by man today contain, at least, so much fat that they furnish one-half of the total energy provided by his food.

There are two main purposes of food, viz., to provide heat, also energy, for the growth and repair of the body.

All food, as to its value, depends upon the digestibility of its nutrients and it is in this connection that I wish to speak of fish. Not all kinds, but just a few that we use more or less the year around in our family, the value of which I can speak of from experience.

To begin with, there are oily fish and those that are not oily. And, naturally, the oily fish are the more nourishing, though not quite so digestible.

Such fish as herring, trout, whitefish, salmon, mackerel, etc., belong to the first class, while halibut, cod, haddock, etc., are those without oil. By this we do not mean that these fish have no oil in their make-up, for they have, but their fat is stored up largely in their liver and this can be removed before cooking, and so the fish is practically without fat. Hence, those with weak stomachs can manage these varieties, when they cannot use the fatty kinds.

Fish is more easily digested than meat, and furnishes all the material needed by the body to make it healthy and strong. The reason that fish is more digestible than meat is due to the fact that the muscular fibres are so short and lie in flaky masses or bundles that separate easily.

Of course, there is a difference in the digestibility of fish; for example, the fatty kinds require a longer time in the stomach than the lean ones. And fish that have been salted have had the fibres of muscles hardened by the process of curing and are much less digestible than fresh fish.

Fish is a stimulating food, too. And that is important in these days of nerve-racking living. On the days you serve fish, serve cereals and vegetables to provide the elements lacking in the fish.

Great care needs to be used to serve fish in order that it may retain its fine, delicate flavor and be savory. Boiling is a method of cooking we never submit fish to, for the reason that it is so easy to provide a dish, at once watery and tasteless, which is neither palatable, stimulating, nor nutritive.

I do not say much about canned fish, since this we do not use to any great extent, but salted, smoked, and dried fish we use a great deal and more often still fresh fish. In buying the latter I would caution never to buy fish unless the eyes are bright and prominent, and the flesh is firm to the touch.

### Herring

Fresh herring are unexcelled. One needs to live near their haunts to get them at their best. Any one who has spent some time in Scotland will remember the picturesque fishwives, with their baskets of fresh herring and their cry of "Caller Herrin'." The herring are a variety of white fish and are fine eating, not only fresh but when salted. A salad made of

the latter is a relish that fairly whips up the appetite. The canned, kippered, smoked and dried herring we use, and find they are very good.

### Haddock

This is a toothsome fish and is none the less wholesome in its smoked form under the name of finnan haddie.

### Mackerel and Salmon

especially fresh, are of great value as food and are delicate for eating.

### Anchovies

In pre-war days these used to come to us from far-away Norway. They were put up well in small, wooden, sealed, quart barrels.

They are not greasy like sardines and are the tastiest little fish imaginable.

### Halibut

A bit of well-cured and smoked halibut is a delicious addition to the evening meal. Cut the fish into thin slices, across the grain, and serve with bread and butter. If this fish is new to you try it.

### Shell Fish

Oysters we use a great deal in their season. We like them best either stewed or scalloped. Be sure to have the stew piping hot and serve in hot bowls, so that the stew will remain hot while it is being eaten.

## To Bone Fish

Fileting or boning is quite a necessary operation sometimes. Lift the fish with the left hand and keep the knife on the bone, slipping it along between the bone and flesh. Most flat fish can be divided down the middle of each side close to the bone. Round fish need to be cut down the back, the flesh laid open and the bones removed.

Small children need to be cautioned against getting fish bones into their throats when eating fish.

It will be a safety measure, if you can find some way to reward their care. One family, I know, who have three small children and who use much fresh fish, have eliminated the fish-bone danger most effectually. The father in serving the fish removes as many of the bones as he can find and then gives the youngsters a cent a bone for each one they find in their own portions. These youngsters never swallow a bone!

## To Carve

Use a wide silver fish-knife. Take pains not to break the bundles of flakes. Serve all short-grained fish by cutting lengthwise.

## Fish Stock

When preparing fish for the table, save all bones, skin, trimmings and broken bits to make soup-stock. Cover the trimmings with plenty of water and let simmer. Flavor with a sprig of parsley, herbs, onions, celery, etc. Strain, season with salt and pepper. Serve piping hot in heated dishes.

If the consommé is thickened with a little egg-yolk and cream, its food value will be greatly increased and prove an excellent spur to serve at the beginning of the meal.

Digestion equals Disposition.

Indigestion equals Indisposition.

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# The Boy's School Lunch Box

### By Hazel B. Stevens

AN apprenticeship of several years' putting up lunches for girls, followed by two seasons of doing the same for a boy, has taught me the surprising lesson that the two processes are quite dissimilar; what the girls like best in their

lunches, the boy turns up his nose at, and vice-versa. To please a girl, all the daintily concocted sandwiches that the Household Pages suggest are in order. But the boy's comment on the same is apt to be: — "Don't put up any more of those *salad* dressin' messes for *me!*"

A girl likes a paper-thin morsel of a sandwich that a boy could "roll up and put in his eye tooth." A boy likes a sandwich big enough to "feel his teeth in it." — Not so thick, perhaps, as to distort his mouth, when he tries to compass it in public, but of a good, comfortable *thickness*, nevertheless.

A boy's lunch need not be much "fussed up" to please him. Yet, though boys are not, as a rule, so "finicky" about little matters as girls, they like their food, and ought to be trained to like it, arranged to be attractive to the eye. I have no reason to believe that a boy, any more than a girl, would like his lunch jumbled all up into one mixture of flavors — so I use as much oiled paper in wrapping kinds of food, separately, in the one lunch as in the other.

Experiment with amounts has taught me that, for a vigorous boy of sixteen, six slices of bread, cut a third of an inch thick, made into four meat, or non-sweet-sandwiches and two sweet sandwiches, supplemented by a cup-cake, or two cookies, a few nuts, an apple, or orange, or banana, will bring forth no complaints of under-supply, and cause no waste.

My suggestions are for the boy who "keeps in training" for athletics during most of the year. For the benefit of the mothers who may know, vaguely but not definitely, what those rules are with regard to food, let me note that the lunch should be sparse in fats and heavy sweets. This does not mean *no* butter, but light-handed on the butter; pie crust in any form absolutely is "taboo." There may be light-sweetened cakes or cookies, if not too "short," and jam or jelly in sandwiches; but no rich cake, and no candy.

We have a rule that lunches must not be wasted. If there is too much or too little, or if something is not relished, objection is to be registered at home, so that the change can be made at once. This rule is the opposite, for reasons that are obvious, to our ordinary family rule as to attitude toward food at table: which is, "If you don't like it, leave it alone and say *nothing*."

The boy who is my "customer" has two formulas to express his opinion, which are succinct and to the point, if not grammatical. The first is, — "*Nix on*" the pie crust, or the salad dressin', or whatever it may be he objects to; and the second is, "Say, that honey sandwich 'Goes Good.'"

By eliminating gradually what I am told to "*Nix on*," and specializing on what "*Goes Good*," I have graduated from apprenticeship, and arrived at the stage where continued approving silence puts the mark of success upon my efforts!

As to what kind of sandwiches to put up, — and that is always the problem of the lunch basket, — my suggestions point particularly to the kinds that can be made from materials on hand as the natural side issues of meals. Of course, one can always buy tinned meats at an emergency, but to do so habitually is the more expensive way, not always the most convenient and not the most wholesome. One learns, with practice, to have a quick eye for the possibilities of a left-over, in a sandwich, — remembering that the product must look appetizing, and not suggest either a "left-over" or a "hunk of bread-and-something." Any sandwich to be good must be distinctively flavored; must have the filling, whatever it is, spread *evenly* and in sufficient quantity; and must have the slices pressed firmly enough together before the whole is cut into the sizes desired, so that the article when completed is a *unit*.

The kind a boy likes best is a plain meat sandwich; he will not complain of repetition, though you use slices from the

same cold roast for the whole week, — especially if you introduce a little variation of seasoning by use of chili sauce, catsup, Worcester sauce, or pickle. Failing the cold roast, any left-over meat that slices neatly meets with approval, — a bit of steak, pot roast, corn beef, chipped beef, ham, bologna. Other meat may be ground and mixed with a little chopped pickle and mustard for filling. Even cold *hash* may be thus treated. It doesn't *sound* good, but my "customer" assures me it "Goes Good!" And bits of fish may be minced up with a little cream, or gravy, or tomato sauce, — enough to make it easy to spread.

Another non-sweet sandwich that is a stand-by is made of thin-sliced cheese; or one of the soft kind of cheeses, as pimiento or cottage. A pleasing variation is made by combining a layer of thin-sliced, sweet pickle with the cheese; and another, by spreading the cheese light with French mustard.

*Baked beans*, crushed to a paste and combined with chopped mustard pickle, make a successful filling.

Nut sandwiches are popular. Use of the nuts alone, with just a sprinkle of salt, will be found more acceptable than mixtures. A paper bag of the shelled nuts, pecans or walnuts, is easily kept on hand.

An occasional "green" sandwich will "go," — lettuce, pepper grass, watercress, cucumber, or sliced tomato; but again, just a little salt for seasoning will be preferred, as a rule, to the more usual "salad dressin'."

An egg sandwich, or a hard-boiled egg, is a special treat these days!

On other "special days," say after a fowl on Sunday, a drum-stick in oiled paper may be accompanied by one sandwich of chicken dressing, and one of cranberry sauce; or else a layer of each may be combined in the same sandwich.

For the sweet sandwich, the boy will like, as filling, almost any jelly, jam, or conserve that is not too liquid. Honey, though it may not sound promising, makes a sandwich popular with boys.

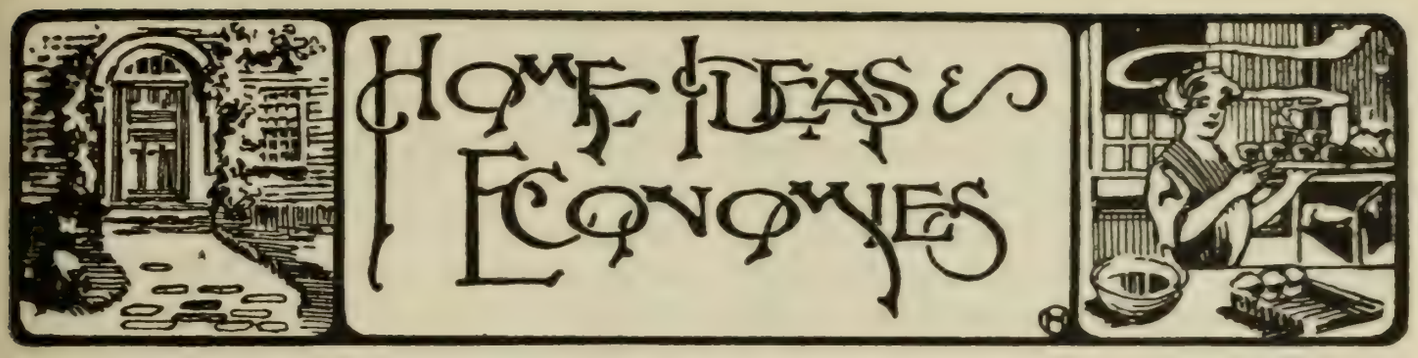
As a surprise "finish," during the days when one is barred from pie, cake and candy, one may add, in a cone of oiled paper, a few dates, figs, raisins, or nuts.

# Yorkshire Ducks

Omitted Query listed in Index for February

This is an old English recipe, and calls for one-half pound, each, of fresh, lean pork, of beef suet, and of veal. These are put through the food-chopper together, and well mixed. The crumb from one small wheat loaf is moistened with one beaten egg, mixed with one-fourth cup of water, and seasoned with two teaspoonfuls of salt, one of pepper, and two of onion juice. The bread and meat mixtures are then blended; one or two teaspoonfuls of powdered, dried herbs are sprinkled over the whole, if desired, and the mass is divided into six parts, which are formed into balls, firmly pressed together, and slightly elongated.

If made at home these may be placed in a dripping pan, and baked for three-quarters to one hour. It is possible those sold in the store are, previously, either baked or steamed. It is also possible that liver is substituted in part or wholly for the pork and the veal. Such mixtures as these have no strictly defined composition, and may be made of the materials nearest to hand.




Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

## Head-Cheese Inexpensive and Delicious — A Baltic Specialty

ANY farming district that is within easy reach of the raw materials could establish in the near-by cities a clientele for its products of head-cheese, and find this side line profitable, if the product is handled as follows:

With a whole pig's head (minus the brain) use four pig's feet, either with or without tongue (with tongue it is more delicate) and blanch in plenty of water. That means let come to almost a boil, then drain and wash in cold water; this is done to obtain a clear product free from impurities and grayness.

Put the head to boil again, fully and freely covered with water, and let simmer for at least five hours.

Add, while cooking, salt, whole peppercorns, one-half a bay leaf, two whole onions, and take off the scum from time to time.

Then take off the flesh and pick it from the bones, chop it very fine, put it in a basin and mix well. Be sure to have equal amounts of meat and gelatinous matter in the receptacles which you are going to fill.

Then strain over the fleshy parts the juice and cooking liquor and put in a draught to cool.

These head-cheeses will be found to be firm and to yield in their entirety when dipped into warm water, so that they can be easily removed from the moulds.

There is always a ready market in the city for delicacies of this sort and, by making an arrangement with the small grocers, the farmer can put in a line that will yield him ready cash profits.

## Using the Trimming-Fat

The trimmings of rib-roast and of steaks should be carefully gathered, rendered and used instead of cooking butter. They are the equal, if not the superior of butter, inasmuch as they are just as delicate in taste and do not turn black in frying.

The cracknels of these fats should be chopped fine and, after being heated, should be added to a mixture of cornflour, egg, milk, salt, a little baking powder, a trifle of sugar, and a small percentage of rice flour, and made into the most delicious pancakes imaginable.

There is no art required, a neutral frying medium will turn the trick; cottonseed fat, highly refined, is best for the purpose.

Ham trimmings, after being fried and freed of skin, will serve the purpose equally well.

These dishes make a highly delectable and very nourishing food.

## Post-War-Time Recipes of Especial Merit

TO effect economy the householder should as often as possible include macaroni, spaghetti, Italian paste, rice, tapioca, sago, noodles, and other foods, of like composition, in his menu.

These foods are prepared in about the same way.

They are all very cheap, and exceedingly nourishing.

With these advantages, they combine adaptability to many ways of preparation and they are very tasty.

To prepare them, they should all first be boiled. And the boiling should be done by sprinkling them into boiling salted water.

There should be plenty of boiling water and plenty of space in the pot.

The vessel must never be covered.

The cooking process requires about twenty minutes.

These foods can be made doubly economic by making them save fuel, work and time; this is done in the following manner:

Inasmuch as they can be served in manifold ways, and inasmuch as they should appear on the menu frequently, they should be prepared in quantity.

When boiled they should be drained through a colander and the water in which they did boil should be preserved and used for soups (care must be taken that this water is not over-salty).

A soup can be prepared from the water by adding milk, beating an egg in it, and flavoring it with celery and onion salt; if additional strength is desired, one or two bouillon cubes should be added; whenever a bouillon cube is added to an aliment containing milk, danger of curdling becomes imminent; this curdling can be avoided by adding a pinch of baking soda.

The material itself, from which the bouillon is thus used, should be immersed in cold running water (that is, all of it that is not immediately used). This immersion will chill the food and make it keep its original form. It can be kept in the ice box for days. It can be heated in a minute, simply by immersing it in boiling water, and it is then ready for any style of preparation. This method is employed in all the big hotels, where any of these materials must always be available in tractable form at a moment's notice.

Any of these dishes can be used for "au gratin" material; they can also be prepared with cream sauce, or sweetened with sugar and cooked with milk, and served as a pudding. They can be baked or fried, and they can be used in soups and as an accompaniment with entrées.

When any of these materials are prepared "au gratin," they should be cooked, after having been boiled, in a cream sauce made of milk and a little flour, cornstarch or arrowroot and should then be put into a baking dish, covered with bread crumbs, sprinkled with melted butter or drippings, and shoved into a medium baking oven.

They can be mixed with the fine-chopped cracknels from rendered fat, and they will become especially nourishing and tasty, if the fried fat trimmings from hams are added to them.

To fry them, they should be well drained, then some fine-chopped onions should be fried to a light yellow, and the cut-up macaroni, noodles, etc., should be added and well fried.

An excellent dish can be prepared by taking the hot material out of the water and mixing it simply with fresh butter.

All these things are adapted to be served as Lenten dishes. Cream sauce, prepared from vegetable fat, flour and milk, will make them taste delicious.

If cooked and served as puddings, they should be boiled with milk and sugar, after having been boiled in water and drained, and, when thoroughly done, should be taken off the fire and mixed gently with one or more beaten eggs; they are then ready to be served, or to be baked.

If so prepared, with an addition of arrowroot, they can be cooled and will then serve as delicious summer dishes, either sweetened or unsweetened. K. H.

* * *

## Salted Almonds for Profit

THE inquiry in a recent AMERICAN COOKERY as to salting almonds for

profit suggests to me that the experience, which two ladies in our Ladies Aid had, might be of assistance to the inquirer. Although the process, which was given us by a friend in the business, has been most carefully guarded in our circle, and the many questions, as to "how we salted them," have been answered only, "by a new method." A good deal of our success was due to this, and we pass along this suggestion also, "not to tell." Three and four years ago we made a nice amount for our missionary work, but during the last two years we have not attempted to make or sell any, as war economies lessened customers, and the nuts are so high priced at present that we cannot make the 100 to 125 per cent as before.

Buying is the first element for success; we bought from wholesalers *shelled nuts* as much more economical, five-pound lots at first, but, when we had orders and could, a twenty-five pound lot gave us a better price. The Jordan almonds were the most satisfactory. They are sweeter, and most people seemed to prefer them, but a little more expensive, which paid us better as we figured per cent profit, and 100 per cent on a higher-priced article gave us more for the same amount of work. Our nuts always sold for five or ten cents below the price at first-class stores. The Valenciens Almonds often have bitter nuts, like the peach pits, mixed in, and we had some complaints from customers that, occasionally, they got a very bitter nut. This would have spoiled our business.

In preparing the nuts we followed the directions so kindly given us, exactly, and had wonderful success.

First. Don't blanch over one-fourth a pound at a time. Pour boiling water over them and pour off just as quickly as the skins are loose. Don't let them soak any more water than is absolutely necessary. Spread out on a heavy paper in a dry place, — a warming oven, or over a hot air register, protected from dust. A slow, steady heat, until they are dry and crisp, about twenty-four hours. Don't hurry this part of the work. Beat the white of an egg just enough to break it up. Wet the *tips* of the fingers in it, and rub over the nuts, glazing each side, but using just as little egg as possible. Dust over with a fine table salt and brown in a slow oven. Instead of salt sometimes use powdered sugar, a very little, if your customers like it. Nuts prepared in this way will not wilt nor grow soft, nor turn rancid or oily as they do when oil or butter is used. Every one who had these nuts was very enthusiastic over them and very anxious to know the "how," which as I have said we never told.

We did not spend any money on boxing, using candy boxes or fancy note paper boxes. As our orders were generally for dinners, parties, etc., where the box was not needed. But we did specialize in the pretty little crêpe paper nut-holders and made a great many. When a customer would order nuts for a dinner, we would ask how she was going to serve them and what her color-scheme would be, and show her the samples which we had bought or made and generally we got an order for the nut-holders. We selected very pretty samples at the best novelty stores, paying as high as thirty-five cents for one, I remember. As we learned how to make them we often got ideas for them without buying the sample. The prices we charged were below those at the stores, but, considering that the material for even the most elaborate never cost over a cent or two, and the making was easy and very quick, we were well satisfied with amounts from five cents up to fifteen, apiece. At Christmas we used red a good deal, but pink was always the favorite, and next yellow. The flower designs were the most popular. A small rose whose center was a cup, standing on a slender spiral stem with one green leaf, was so popular that we grew tired of making them. A yellow tulip was very easy. The flowers usually stood on stems, while the basket shapes had tiny twisted handles. A. C. R.

# Six Meals for Six Dollars or Less

I

Pork Chops and Sweet Potatoes En Casserole
Tomatoes White Potatoes
Bread and Butter
Coffee or Tea
Mince Pie

II

Macaroni and Cheese (baked)
Chile Sauce or Relish
String Beans French Fried Potatoes
Rolls Tea or Coffee
Apple Pot Pie

III

Fricassée of Beef
Corn Mashed Potatoes
Hot Muffins and Butter
Tea or Coffee
Raisin Pie

IV

Cream of Tomato Soup
Round Steak Croquettes
Boiled Potatoes Fried Onions
Biscuits or Brown Bread
Tea or Coffee
Jello and Whipped Cream

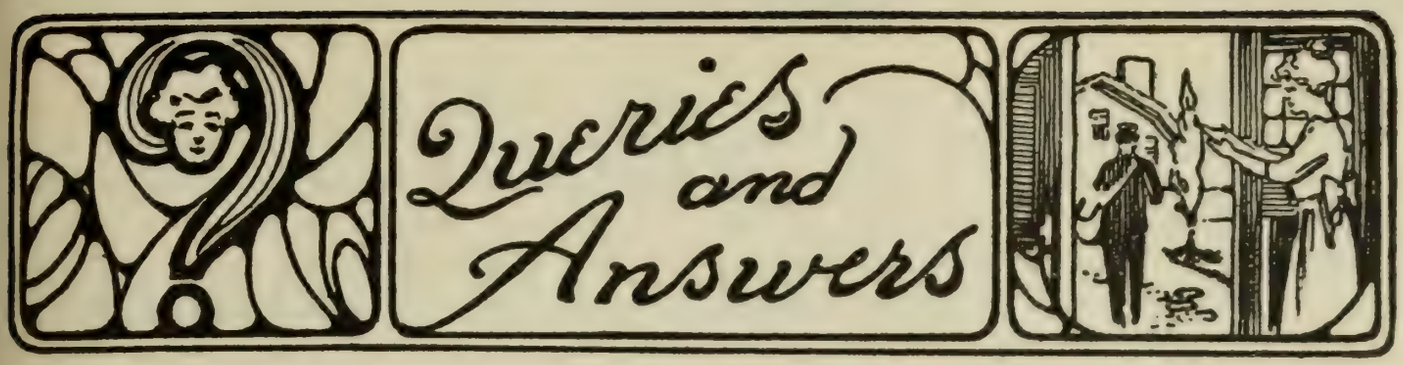
V

Creamed Finnan Haddie on Toast
Baked Potatoes
Pickles or Olives Corn
Coffee or Tea
Rice Pudding with Raisins

VI

Salmon Loaf
Peas Creamed Potatoes
Bread and Butter
Coffee or Tea
Chocolate Blanc Mange

H. W. S.




THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. For menus, remit $1.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 4113. — "Please give me a recipe for Pork Liver Pâté?"

CHOP together one pound and one-half of pork liver, one pound and one-half of bacon, and one-quarter a pound of salt pork fat. Season liberally with salt, pepper, and dried herbs, and with one small onion, minced. Lay thin slices of breakfast bacon over the bottom of a mold, then add a layer of the pâté mixture, and so on until the mold is filled. Bake for three hours in a rather slow oven; then dip mold into cold water for a minute, invert, turn out the pâté on a platter, brush with a rich meat glaze, or with beaten egg, and serve with decorations of parsley and sliced hard-boiled egg.

A simpler recipe, not so rich, is made from equal parts of chopped liver and bread crumbs, highly seasoned, and bound with beaten egg. This is baked in either single or individual pastry shells.

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QUERY No. 4114. — "Can you furnish me with a recipe for English Pork Pies? Those I mean are bought at an English bake shop, are filled with chopped meat in a pastry shell, and seasoned with some herb, not sage."

## English Pork Pies

Cut into small pieces lean fresh pork, with a little fat, and season highly with salt and pepper. Three pounds of pork call for an ounce of pepper, and two ounces and one-half of salt. In all of the original English recipes available, we find sage prescribed as the seasoning, but thyme or marjoram may be substituted. Six fresh sage leaves, or a level tablespoonful of the dried and powdered, is right for three pounds of pork. The mixture is put into the pastry shells, covered with an upper crust of paste, and the pies are baked by long, slow, cooking in a not over-hot oven. They may need two hours, or until, when the point of a skewer is thrust into them through the crust, the meat is found to be quite soft. Meantime, bones and trimmings of pork are stewed down in a very little water until the liquid jells when cold, and a little of this is poured into the finished pies by means of a funnel inserted into the crust.

Another English recipe has sliced apples arranged in the pastry shell, alternately, with the pork mixture, the apples to be lightly dusted over with sugar and a little grated nutmeg, and the sage omitted.

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QUERY No. 4115. — "Will you please tell me how to make Head Cheese? Is all the fat that is on the head used, or would not that be too rich? How should the cheese look when properly made?

## Head Cheese

The entire head, often with the ears and tongue, is boiled until so tender that the meat will fall from the bones. This may take several hours, depending on the age of the animal and the weight of the head. The water used to boil it should be strongly salted, a cup of salt to a quart of water. The meat and fat

should then be chopped or cut into small pieces, and seasoned with a teaspoonful of salt and one-fourth a teaspoonful of pepper to every cup of the chopped meat. Herbs, such as sage and sweet marjoram, and powdered cloves, are usually added, though this is a matter of taste, and about a half-cup of strong cider vinegar is poured over the whole after the final mixing.

The seasoned meat should then be pressed into a cylindrical mold, a stone jar or butter crock is good, and pressed down very firm, with a weighted dinner plate over each cheese to hold the meat firm in place. It may stand in the cellar or other cool place for two or three days, when it should be unmolded, and is ready for use. It will keep for several weeks, if placed in a large crock and vinegar poured over just to cover.

All of the fat on the head is generally used, except the part that has dissolved out in boiling. The seasoning, etc., keeps it from being too rich.

The old-fashioned head cheese was drum-shaped, or cylindrical. It was marbled over with the meat and fat in about equal parts, with speckles of the pepper and herbs. For convenience, the housekeeper now puts the meat through the food chopper, and this gives an all-over mottled effect, instead of the distinct marbling.

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QUERY No. 4116. — "Could you give me a recipe for a glossy, boiled, Chocolate Frosting?"

## Glossy Boiled Chocolate Frosting

See American Cookery for December, 1919, page 376, under title: "Why Chocolate Icing Loses Its Gloss," and under the other heading: "Glossy Boiled Frosting," etc.

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QUERY No. 4117. — "How shall I proceed when I want Cookies covered all over with frosting, both white and chocolate? Would not the frosting on the bottom side stick?"

## To Frost Cookies All Over

Have a good quantity of frosting in a deep saucepan, the inside of a double boiler is good, and quickly dip in the cookies, one at a time, removing to a sheet of waxed paper. The cookies can be held on the tines of a steel fork, or a steel knitting needle can be thrust through them. The frosting must be kept hot, or if it solidifies it should be heated again with a very little water. Any recipe for cake frosting will do for frosting cookies in this way.

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QUERY No. 4118. — "Could you give me a Chocolate Sauce to use over ice cream, one that may be used cold, and which can be kept for a few days without changing?"

## Chocolate Sauce

See American Cookery for December, 1919, page 372, "Chocolate Sauce that will not Sugar."

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QUERY No. 4119. — "Please tell me how to make Two Pounds of Butter, and what parts of the milk or cream to use?"

## How to Make Two Pounds of Butter at Home

From three to four pints of cream, depending on its richness, are needed to make one pound of butter. It may be well for you to experiment with a smaller quantity at first, and beat it with a Dover beater in a large bowl until the butter forms, clings to the beater, and separates from the whey. The weight of the butter thus made will enable you to judge how much cream you will need to make two pounds of butter.

This larger quantity could very well be beaten in a bread-mixer, if you lack a regular churn. The cream should be cold, and the mixer turned rapidly, at first, more slowly as the butter begins to form. It will look like fine curds, at first, distributed through the cream. When it forms in lumps the size of a nut or larger, strain off the whey or butter milk, and wash the butter in very cold water, working it with a wooden spatula and changing the water until the last shows no trace of milk. It may be salted with one tablespoonful of fine salt to every cup of butter, and then al-

# fried foods healthful as well as delicious




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lowed to stand in a cool place until firm enough to mold.

Butter made at home will cost three or four times as much as that bought in the market; that is, if the cream to make it has to be purchased, for the cream being more perishable, has to be sold at a very much higher figure, proportionately. The home-made butter, too, will be nearly white, if made at a time of year when the cows are not grazing in the pastures.

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QUERY No. 4120. — "How shall I make Milk Chocolate to coat candies?"

## Milk Chocolate Candy Coating

Make precisely as you would the ordinary fondant coating, using milk instead of water, and corn syrup instead of sugar.

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QUERY No. 4121 — "I wish a recipe for Butter Scotch Pie, also for Butter Scotch Roll. I also wish a book on serving, etc., please advise me what to order and the price."

## Butter Scotch Pie

Cook a cup of brown sugar over the fire until melted and a light brown. Add one cup of water, and continue cooking until the sugar is dissolved. Blend three tablespoonfuls of flour with three tablespoonfuls of butter, and stir this into the brown liquid; cook until thick, then quickly beat in one well-beaten egg, and pour at once into pastry shell.

## Butter Scotch Roll

Omit egg from above recipe, and spread on a sheet of sponge cake baked in jelly cake pan, and roll same as jelly cake.

## Books on Serving

"The Up-to-Date Waitress," by Mrs. Janet M. Hill, price $1.60 post paid; or "Practical Cooking and Serving," by the same author, price $3.00, ought to fill your needs.

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QUERY No. 4122. — "Will you kindly give me a good recipe for Layer Cake, using both yolk and white of eggs. My layer cake gets hard and stale."

## Layer Cake That Will Keep Fresh

The recipe for Gala Cake, on page 359 of American Cookery for December, 1919, can be used for a layer cake by baking in layer-cake pans. Are you sure that the reason your layer cakes get hard and stale is not that you bake them too long? Layer-cake needs only about twenty minutes in a hot oven. Also, remember that the more butter you use and the less liquid other than beaten eggs the longer your cake will keep moist and fresh.

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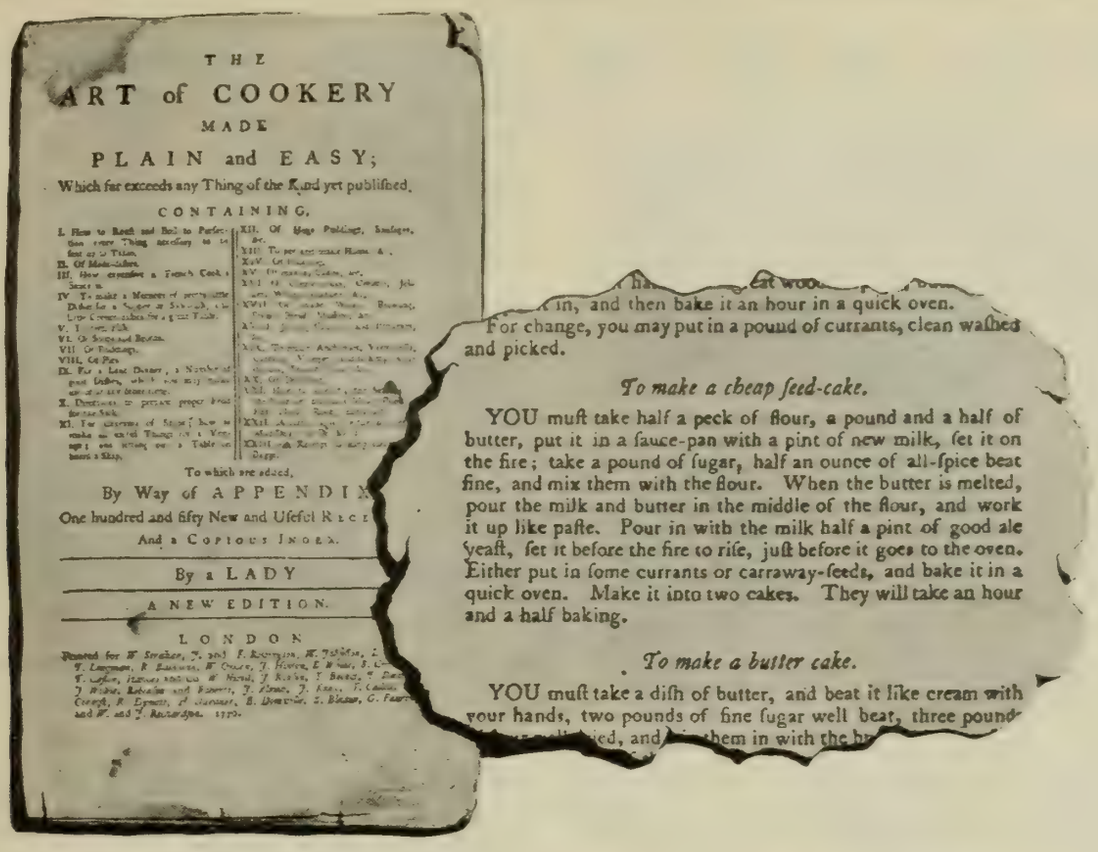
QUERY No. 4123. — "Kindly tell me of two or three Desserts that can be made by a High School class, and that call for little sugar? Also, what would you suggest for a Cooking Class exhibit, along with an exhibit of sewing?"

## Desserts with Little Sugar

Raisin or prune pies, date puddings, stewed figs, jellied, all need very little sugar. Also, corn or maple syrups, honey, molasses, etc., may be substituted for sugar in sweetening pies, puddings, and other desserts. The longer any of the dried fruits are cooked the more sweetness will be developed. Prunes, slowly cooked for several hours at a low temperature, form a sweet, thick syrup. Dates, figs, or raisins do the same. Even apples, very slowly baked, will develop much more sweetness than when cooked quickly, through the chemical action of their own acid with the slow heat.

## Exhibit of Cooking to go with Exhibit of Sewing

Breads and breadstuff are the cleanest and least "mussy" foods to be exhibited together with articles from the sewing class. Why not work up a series of yeast mixtures, showing the use of the thin and the medium batters, the soft doughs and the stiff doughs, all in yeast mixtures? You might thus illustrate the evolution, as it were, of the different fancy breads and rich raised cakes from


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*To make a cheap ſeed-cake.*

YOU muſt take half a peck of flour, a pound and a half of butter, put it in a ſauce-pan with a pint of new milk, ſet it on the fire; take a pound of ſugar, half an ounce of all-ſpice beat fine, and mix them with the flour. When the butter is melted, pour the milk and butter in the middle of the flour, and work it up like paſte. Pour in with the milk half a pint of good ale yeaſt, ſet it before the fire to riſe, juſt before it goes to the oven. Either put in ſome currants or carraway-ſeeds, and bake it in a quick oven. Make it into two cakes. They will take an hour and a half baking.

*To make a butter cake.*

YOU muſt take a diſh of butter, and beat it like cream with your hands, two pounds of fine ſugar well beat, three pound

# A "CHEAP" CAKE

What fascinating reading there is in the old cook-books! Their calm way of ordering "a pound and a half of butter" for a *cheap* seed-cake! And how queer it sounds now to read of "ale yeast" to make a cake rise!

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the simple "flannel cake" (thin batter) mixture. Such an exhibit would be very interesting. An exhibit of canning and preserving would also go very well with one of sewing. You could work out pretty color-schemes in this way — such as a gamut of apple jellies, going from the nearly white to the deep red jellies.

---

QUERY No. 4124. — "What causes my Brown Bread to have a large hole in the center of the loaf?"

Please give me the different sizes for breakfast, luncheon, and dinner napkins, also the width of the hems, and the width of the tablecloth hems? Should the selvages be hemmed, or left plain?

## Brown Bread, to Avoid Hole in Center of

Allow the bread to stand in the tins for twenty minutes or half-an-hour before steaming.

## Concerning Table Linen

There is no hard-and-fast rule for the sizes of the table napkins, except that those for breakfast and luncheon are generally smaller than the dinner napkins. From 15 to 20 inches square is a good size for breakfast, or an informal luncheon; dinner napkins and those for formal luncheons are often 25 and even 30 inches square.

The ordinary French hem on a napkin has a width of not more than one-fourth an inch, and the selvage is not hemmed. The hem-stitched table linen is hemmed all round four sides, and the width is a matter of taste, an inch or more as you please. The French hem for the tablecloth is the same width as for the napkins; the hem-stitched hem may or may not be wider for tablecloths.

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QUERY No. 4125. — "What is the proper oven temperature for cakes, cookies, and all kinds of bread and biscuits? What temperature is considered lukewarm? Is there anything that will take a red dye out of a carpet without injuring the carpet?"

## Temperature for Baking Bread, Cake, Etc.

| | |
|---|---|
| Bread | 350° to 400° Fah. |
| Muffins, biscuits, rolls | 425° to 450° Fah. |
| Cookies | 400° to 425° " |
| Angel cake | 300° to 350° " |
| Sponge cake | 350° to 375° " |
| Layer cakes | 400° to 415° " |
| Loaf cakes | 325° to 375° " |
| Pastry | 450° to 475° " |

Note, however, that this is the temperature taken from the center of the oven, and that the oven clock in the door of the oven will register from ten to twenty degrees less. This should always be allowed for.

Note, further, that the larger the loaf or cake, the lower the temperature should be. This applies to several loaves of bread baked in one pan, which may be regarded as one large loaf. Also, the more sugar, molasses, or other sweetening in the mixture, the lower the temperature should be, to avoid burning.

A lukewarm temperature is one very little over blood heat, perhaps from 100° Fah. to 110° Fah.

## To Remove Red Dye from a Carpet

Try the application of bleaching powder, or of a weak solution of lye. Experiment on a small piece of the carpet, and if successful use the application on the whole. When the dye is removed, wash off the parts in a weak solution of vinegar, to neutralize the injurious effect of the alkali. It is not possible to give a specific remedy, unless the nature of the dye, whether vegetable, animal, or mineral, is exactly known.

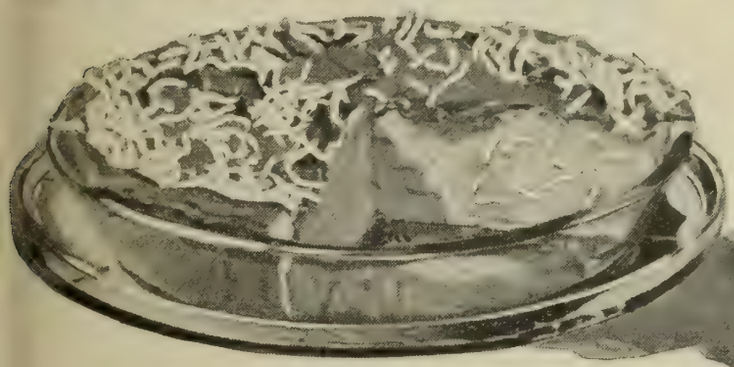
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QUERY No. 4126. — "Can you suggest some uses for Orange Peels? We use a great many oranges, and I feel as if it was wasteful to throw away those good-looking, fresh peels."

## What to Do with Orange Peels

We entirely agree with you that it is wasteful to throw away the peels of oranges. They can be used for marmalade, by shredding into very fine strips, and following the recipe for any orange marmalade, substituting one apple for

# *Improve your Pies with Cocoanut*



COCOANUT CUSTARD PIE




## Something New in Pies



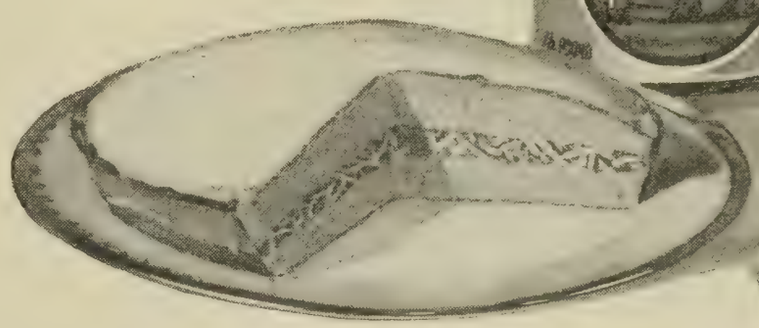
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**Dept. G 375 Washington Street, New York**



WASHINGTON COCOANUT PIE

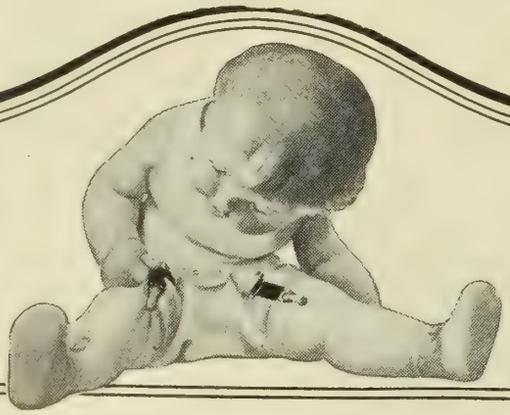



COCOANUT FRUIT PIE

the pulp of each orange called for in the recipe. Care should be taken to remove every particle of the thin membrane which holds the sections of orange together, and the pulp to the skin, for this gives a disagreeable flavor to the marmalade.

Another way to use the peelings is to put them through the food-chopper — always removing the membranes — and place the fine-chopped peels in jars, in alternate layers, with granulated sugar. The layers should be well pressed together, or weighted. After a few days a thick, golden syrup will collect at the bottom of the jars, and this is exceedingly delicious to flavor puddings, icings, cake fillings, or a dozen other dishes.

To dry the peelings and grate the yellow outside; to cut them while fresh in strips and candy them; to chop, and make confections mixed with nuts; these and many other ways of using them will suggest themselves. But, by all means, avoid throwing them away.

**Baby Midget**

*Velvet Grip*

**HOSE SUPPORTER**

holds the socks securely and allows the little one absolute freedom of action, so necessary to its health, growth and comfort. The highly nickeled parts of the "Baby Midget" have smooth, rounded corners and edges and they do not come in contact with the baby's skin.

Like the **Velvet Grip Hose Supporters** for **women, misses and children** it is equipped with the famous All-Rubber Oblong Button, which prevents slipping and ruthless ripping.

**Silk, 15 cents; Lisle, 10 cents**

SOLD EVERYWHERE OR SENT POSTPAID
GEORGE FROST CO., MAKERS, BOSTON


# New Books

*The Woman of Forty.* By Dr. E. B. Lowry. Price, $1.25. Forbes & Co., Chicago.

It has been said that the middle years of a woman's life are wasted more than any of our national resources. This should not be; for the women of forty are the women of mature understanding and ripe judgment, still possessing abundant health and strength. As Dr. Lowry says, most of the world's great women have been past middle life when they performed the achievements which made them famous. A woman in the forties who wishes to be at her best and desires mental and physical growth should read this sensible book, — and it should be read by her husband, also. It is a book physicians will recommend to their patients.

This is the tenth volume of the sex hygiene books by Dr. Lowry, which have become widely known, because they give the fundamentals of health in such a clear, reliable way that they lead to right living and happiness. The new work is fully equal, in quality, to the former books by this author, and it will be read with profit by many women.

---

*Every Step in Canning.* By Grace Viall Gray. Price, $1.25. Forbes & Co., Chicago.

Cold-pack canning was introduced by the government during the war to stimulate the preservation of foods, and produced such wonderful results that the women who adopted it will never return to the old-fashioned laborious and wasteful ways of preserving.

The name, "cold-pack" method, is apt to be misleading. The plain truth is no process of canning and preserving food is successful without a complete sterilization or cooking of materials by heat. This is a first lesson in canning. The author of "Every Step in Canning" puts this fact foremost thus: "'Cold-pack' simply means that the products are packed cold in their fresh and natural

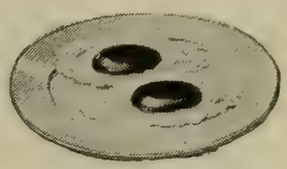



# You Pay 10c

## For Dishes Not So Good

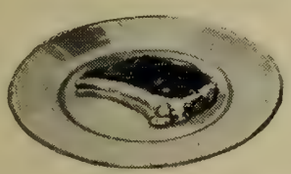
The greatest breakfast you can serve is a dish of Quaker Oats. And it costs one cent.

It costs ten times that to serve two eggs, as per prices at this writing. It costs twelve times that to serve a single chop.



**Two Eggs**
**Cost Ten Cents**

Yet the oat is the supreme food. It is almost a complete food.

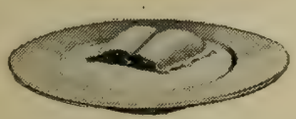


**One Chop**
**Costs 12 Cents**

Quaker Oats yield 1810 calories of energy per pound. Round steak yields 890, and eggs 635.

Quaker Oats cost 5½ cents per 1,000 calories. That's the energy measure of food value.

Compare that cost with other necessary foods. Here is what they cost at this writing:



**Fish Costs**
**8 Cents Per Serving**

### Cost Per 1000 Calories

| | | | |
|---|---|---|---|
| **Quaker Oats** | **5½c** | **Eggs** | **70c** |
| **Average Meats** | **45c** | **Vegetables** | **11c to 75c** |
| **Average Fish** | **50c** | **Broilers** | **$1.66** |

## Save 45c per Breakfast

Quaker Oats cost one cent per serving, while meat foods average ten cents.

Thus Quaker Oats breakfasts for five people cost 45c less than meat breakfasts. Note how that counts up in a month.

Those are facts to ponder in these high-cost days. The greatest food costs little. It's a food that people need.

Start the day on Quaker Oats. What you save will help to buy the costlier foods for dinner. And your people will be vastly better fed.

# Quaker Oats

***Flaked from Queen Grains Only***

Quaker Oats makes a delicious dish. It is flaked from queen grains only — just the rich, plump, flavory oats. We get but ten pounds from a bushel. This extra flavor costs you no extra price. It is due to yourself that you get it.

***15c and 35c per package***

***Except in the Far West and South***

**Packed in Sealed Round Packages with Removable Cover**

3270




# TECO

SELF-RISING

## Pancake and Buckwheat Flour

*The Buttermilk Does it*

*It's in the Flour.*

**Hot cakes! In a minute!**
**Made with Teco pancake ar d buckwheat flour.**

**Wheat cakes! Waffles! Gems!**
**Make the finest easily and quickly with Teco pancake flour and cold water.**

**Buckwheat cakes!**
**Tender, delicious, digestible. Just add cold water to Teco buckwheat flour.**

For our new buttermilk book write to
THE EKENBERG CO.
506 Cambridge St., Cortland, N. Y.
SAWYER CRYSTAL BLUE CO., N. E. AGTS.
88 Broad Street Boston, Mass.




# UNCLE JOHN'S SYRUP

"M-m-m, delicious!" The kiddies will smack their lips over the puddings, cakes, candies, cookies and other delicacies you sweeten and flavor with Uncle John's Syrup. And to spread over flapjacks, hot bread, and boiled rice you'll declare Uncle John's Syrup is

**As Necessary on the Table as the Sugar and the Cream**

It's so pure and wholesome, too—the finest cane and maple sugar blended—with the real flavor from the maple grove. Order a can from your grocer. A trial will make you a regular user.

Four handy sizes

**New England Maple Syrup Co.**
BOSTON, MASS.


state in the glass jars or containers. To the fruits, hot sirup is applied; to the vegetables, hot water and a little salt are added. The sterilization is done in the glass jars or tin containers after they are partly or entirely sealed, making it practically impossible for bacteria or spores to enter after the product has once been carefully sterilized or cooked. In following this method, vegetables should first be blanched in boiling water or live steam, then quickly plunged into cold water and the skins removed. The products are then packed in containers and sterilized according to the instructions and recipes given later.

"When we use the term sterilizing, we simply mean cooking the product for a certain period of time after the jar has been filled with food. It is sometimes called processing. Sterilizing, processing, boiling and cooking are all interchangeable terms, and mean one and the same thing.

"By this 'cold-pack,' or cold-fill, method of canning, all food products, including fruits, vegetables and meats, can be successfully sterilized in a single period with but one handling of the product in and out of the canner."

The new system saves labor, time and fuel, and by eliminating spoilage it prevents waste of food. "Every Step in Canning" not only gives complete instructions for canning in glass and tins, but also gives full directions for preserving all foods in every form,—by brining, drying, smoking and storing.

*Food for the Sick and the Well.* By MARGARET P. THOMPSON. Cloth, ix + 82 pages. Price, $1.00. Yonkers-on-Hudson, New York: World Book Company.

This is a book of recipes, the result of many years of experience in arranging, changing and adapting them, so as to form a well-regulated diet for the sick and for convalescents, as well as for those who are well and wish to remain so.

There are recipes for breakfast cereals, breads, eggs, soups, meats, fishes, cereals

*Concluded on page 628*



# The Miracle on Your Table

THE days of "miracles" have never passed. Never was the world so filled with miracles as it is today—the miracle of the faucet which brings us water from miles away—the miracle of the gas flame by which we cook without the discomforts of old-time methods—the miracle of the telephone.

Consider for a moment, the amazing miracle of *canned foods*.

Here is asparagus—fruit—beans—peas—corn—tomatoes, etc., each from that part of the country where climatic conditions, or conditions of the soil, produce the finest varieties and consequently have caused canneries to be there established.

Not long ago canned foods were regarded as delicacies, far beyond the reach of everyday pocketbooks.

The vast development of the canning industry has changed all this. The humblest family now revels in Columbia River or Alaskan salmon and blithely orders beans that were grown and packed a dozen states away. The whole country is a great recruiting ground for canned foods.

Washington, D. C., is the headquarters of the National Canners Association, whose research laboratories are there located.

Questions of great moment to the canning industry are there threshed out. A staff of scientists investigates problems bearing on the scientific aspects of the canning industry.

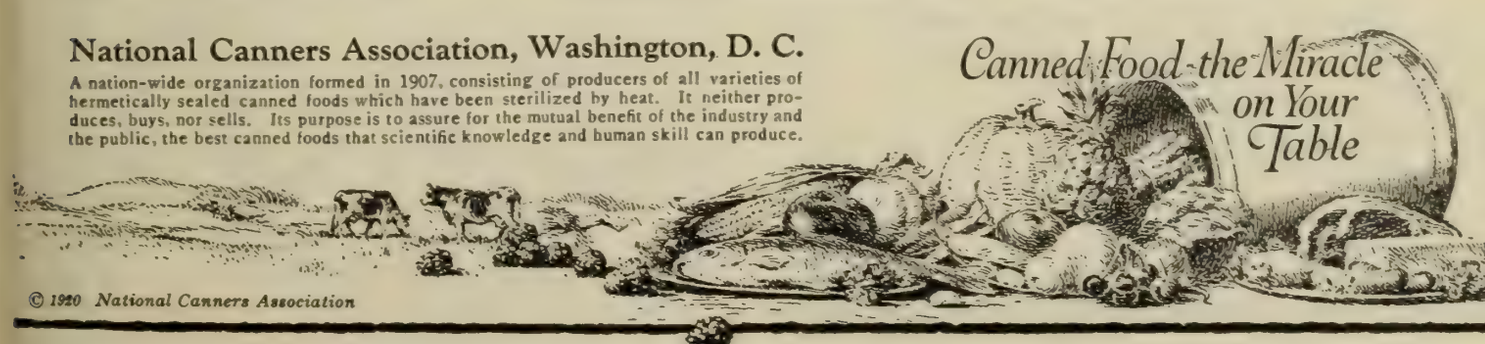
The results of these investigations are made known to members of the Association—about 1140 of the principal canning establishments of the country—many with research laboratories of their own.

The work of the Association is of the utmost importance to every person in the land.

The next time you see a can of food—in the store or at home—look at it with new interest; it is a "modern miracle"—clean, wholesome and nourishing.

**National Canners Association, Washington, D. C.**

A nation-wide organization formed in 1907, consisting of producers of all varieties of hermetically sealed canned foods which have been sterilized by heat. It neither produces, buys, nor sells. Its purpose is to assure for the mutual benefit of the industry and the public, the best canned foods that scientific knowledge and human skill can produce.




© 1920 National Canners Association

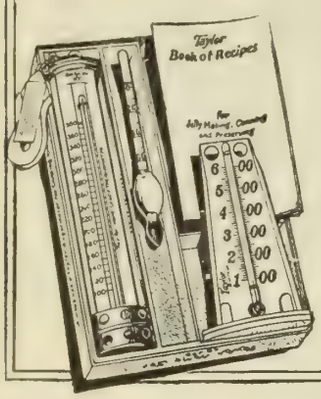
"SLOW OVEN— Yes, but how slow?"

Don't try to follow indefinite, haphazard directions. Be sure of your oven temperature and good results will follow—every time. With the

**Taylor HOME SET**

There's no need to be continually opening the oven door to see "if it's done"; that means valuable heat lost.

The oven thermometer ($2.00) tells **exact** oven temperature—you'll **know** just when the pastry or the roast is ready. The candy thermometer ($2.00) tells **exact** temperature in boiling. The sugar meter ($1.00) tells **exact** thickness of syrups in canning and preserving.




You'll find the three Taylor Recipe Books, sent upon request, very handy for suggesting welcome changes in the daily menu. And there is much practical information about cooking in general. Write for these books today.

*Taylor Instrument Companies*
Rochester, N. Y.

If your dealer can't supply the Taylor Home Set, mail $5.00 direct to us with dealer's name and set will be sent you prepaid. (EE8)

**Cream Whipping Made Easy and Inexpensive**

**CREMO-VESCO**

**Whips Thin Cream
or Half Heavy Cream and Milk
or Top of the Milk Bottle**

It whips up as easily as heavy cream and retains its stiffness

Every caterer and housekeeper wants CREMO-VESCO.

Send for a bottle today.

Housekeeper's size, 1½oz., .30 prepaid
Caterer's size, 16oz., $1.00 "
(With full directions.)

**CREMO-VESCO COMPANY**
**631 EAST 23rd ST., BROOKLYN, N. Y.**

# The Silver Lining

## A Question of Leaving

"Where did you work last?" asked the prosecuting attorney.

"On the *Milwaukee Sentinel*."

"Why did you leave?"

"The editor and I disagreed on a national political question."

"Where did you work next?"

"On the *New Orleans Item*."

"Why did you leave there?"

"The editor and I disagreed on a national political question."

Suddenly the judge interfered. "What was this national political question?"

"Prohibition," was the instant reply. — *Everybody's*.

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"Some people's ideas of heaven and of politics," said Senator Sorghum, "are very much the same. They consult their own imagination as to the kind that would suit their personal tastes and then stand out for it till doomsday."

— *Washington Star*.

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"Has this car got a speedometer?" asked an old gentleman of the auctioneer, at one of the Disposal Board sales. The auctioneer was equal to the occasion and replied: "At 30 miles an hour it exhibits a white flag, at 40 miles a red flag, and at 50 miles a gramophone begins to play, 'I'm going to be an angel, and with the angels dwell.'" — *London Tit-Bits*.

---

Little Jimmy went with his mother to stay with an aunt in the country, and his mother was worried as to how he would behave. But to her surprise he was angelic during the whole visit — always did as he was told, and never misbehaved. As soon as he got home, however, he was his natural self again. "O Jimmy," she said, "you were so good while you were away. Why do you start behaving badly now?" "What's home for?" asked Jimmy, in pained surprise. — *Chicago News*.



## *Aren't desserts a problem now-a-days?*

With the price of eggs and butter, cream and sugar so high that cakes and pies and puddings are luxuries, it's good to know we have one "standby" left.

Cox's Gelatine—still inexpensive, its quality still the best—comes to the front to solve our problem.

There are any number of Gelatine desserts, all different and all delicious, and there are many other ways of using Gelatine in puddings and other desserts, making them easier to prepare and more economical. And do you know that you can make delicious candy with Cox's Gelatine?

*Send for our Manual of Gelatine Cookery. You'll find it a help in all your cooking.*

**THE COX GELATINE CO.**
**Dept. D** **100 Hudson St., New York**

*VIOLET SHERBET*

*1½ tablespoons COX'S INSTANT POWDERED GELATINE*
*2 cups water*
*2 cups sugar*
*2 lemons*
*2 cups grape juice*
*2 egg whites*
*¼ cup powdered sugar*

*Boil sugar and water 5 minutes, add Gelatine mixed with lemon juice. Cool, add grape juice and freeze. When frozen, stir in whites of eggs and sugar. Repack and let stand 2 hours. This can be garnished with a few candied violets.*

**COX'S**
Instant Powdered
**GELATINE**



# How Children Love Junket!

Even when they don't like milk, they will ask for more Junket—which is simply milk in a more attractive and readily digestible form.

# Junket
**MADE *with* MILK**

Let them have all they want of it, because it is among the best *foods* they could eat.

It is delicious to the taste, and wholesome and nourishing.

When ice cream is made with a Junket Tablet it not only requires less cream and produces ice cream of a smooth, velvety texture, but the cream is then more easily digestible.

Junket Tablets are sold by grocers and druggists everywhere.

**Nesnah—the Powdered Junket**

is the same as Junket Tablets, except it is in powdered form and already sweetened and flavored. It comes in 6 pure flavors, delicious in taste and appearance. Simply add milk.

**The Junket Folks**
**Little Falls, N. Y.**

Canadian Factory:
**Chr. Hansen's Canadian Laboratory**
**Toronto, Ont.**








# PRICE'S VANILLA

Tropikid is the symbol of Price's Vanilla — absolute purity, mellow flavor and *just right strength*—neither too mild nor too strong. It gives a delicious taste to home-baked goodies!

**PRICE FLAVORING EXTRACT CO.**
*In Business 67 years*
**Chicago, U. S. A.**

## Domestic Science

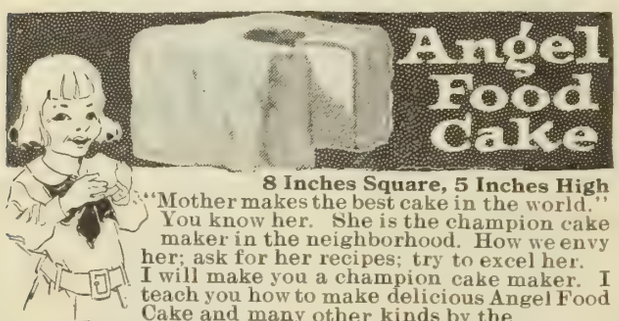
### Home-study Courses

Food, health, housekeeping, clothing, children

*For Homemakers and Mothers; professional courses for Teachers, Dietitians, Institution Managers, Demonstrators, Nurses, "Graduate Housekeepers," Caterers, etc.*

"THE PROFESSION OF HOME-MAKING." 100 page handbook, *free.* BULLETINS: "Free-hand Cooking," "Food Values," "Seven-Cent Meals," "Family Finance."—*10 cents each.*

**American School of Home Economics**
**(Charted in 1915) 503 W. 69th St., Chicago, Ill.**




**8 Inches Square, 5 Inches High**

"Mother makes the best cake in the world." You know her. She is the champion cake maker in the neighborhood. How we envy her; ask for her recipes; try to excel her. I will make you a champion cake maker. I teach you how to make delicious Angel Food Cake and many other kinds by the

**Osborn Cake Making System**

My methods are original. They never fail. Many women make their "pin" money selling cakes made by the Osborn System. Mrs. Rhodes, So. Car. writes me: "I have made a great success selling cakes, supplying a local grocer. The cakes sell as fast as I can make them."

**Cakes Sell for $3.00 a loaf--Profit $2.00**

Write me today. Let me tell you more about my cakes and the Osborn Cake Making System. Let me send you particulars FREE.



**MRS. GRACE OSBORN**
**Dept. L-3 Bay City, Michigan**


Smith: "Who are you working for now?"

Jones: "Same people — wife and five children."

---

"What do you think of the two candidates?" "Well, the more I think of it the more pleased I am that only one of them can be elected."

— *Michigan Gargoyle.*

---

Teacher: "Don't you know that punctuation means that you must pause?"

Willie: "Course I do. An auto driver punctuated his tire in front of our house Sunday and he paused for half an hour." — *Boston Transcript.*

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"There's eddication, and there's common sense," I ses. "Some people 'as one, and some people 'as the other. Give me common sense." "That's wot you want," he ses, nodding.

*Deep Waters, by W. W. Jacobs.*

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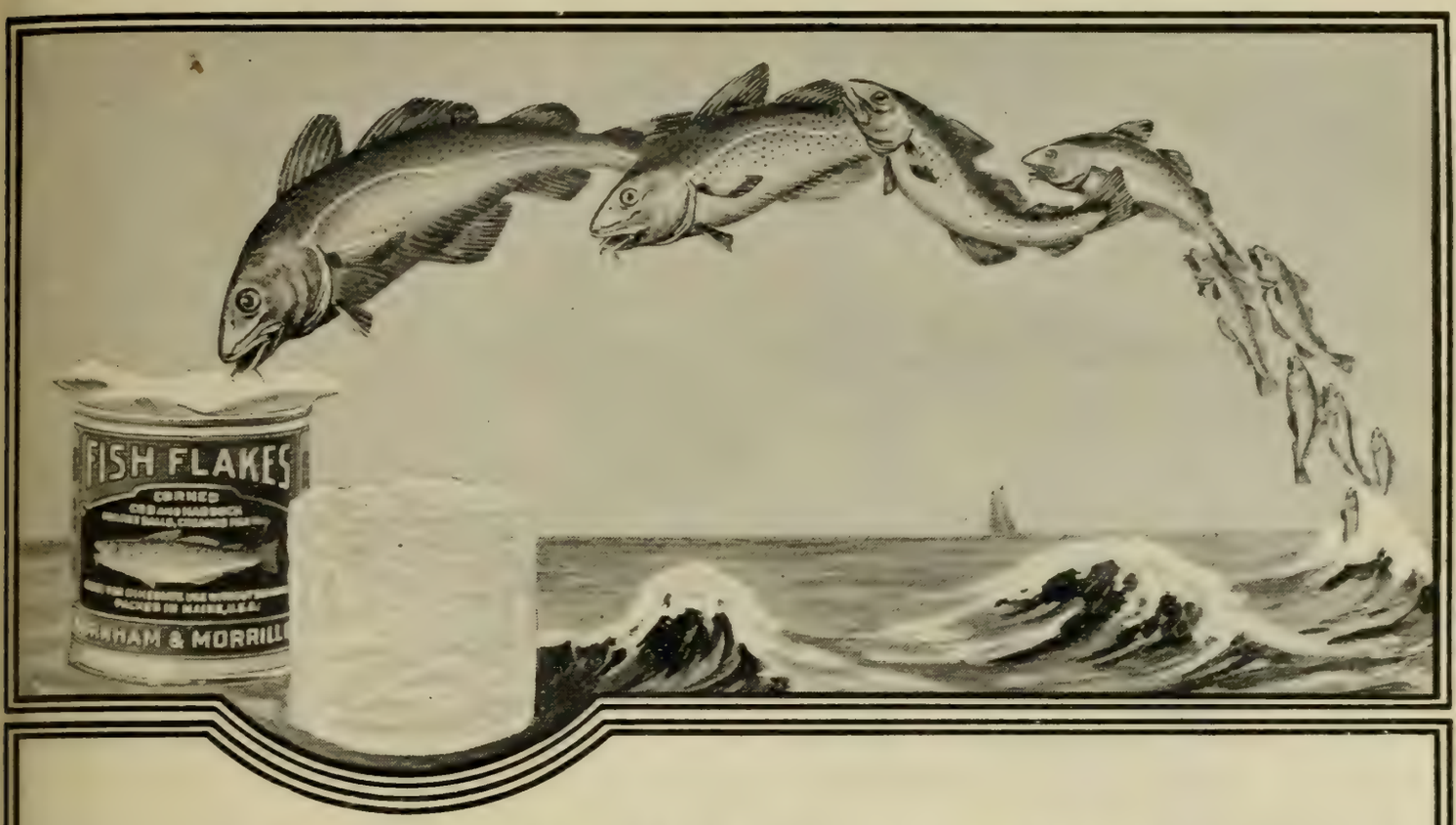
"There's talk of abolishing the nickel." "That shows that as a people we have no sentiment." "How so?" "Why, if we had, we would keep it if only as a reminder of the good old days when we could buy something with it." — *Judge.*

---

A food faddist was haranguing a crowd on the marvellous benefits to be obtained from his particular diet scheme. "Friends," he cried, "two years ago I was a miserable wreck. What do you suppose brought this great change in me?" He paused to see the effect of his words. Then one of his listeners asked, "What change?"

---


A package of "Teco" makes about forty good-sized griddle cakes. Just add cold water to "Teco" and your cakes are ready for the griddle; and such cakes —! The Malted Buttermilk in "Teco" lends a softness and blandness to the ordinary wheat and buckwheat flavor that is deliciously different. *Adv.*




## *Tasty Lenten Dishes at Small Cost*

From the cold, deep sea, to your table, with wholesome fresh-caught flavor, B & M Fish Flakes are deliciously good.

New England's famous fish dishes are as near to you as your grocer. Note the two tempting suggestions below.

# BURNHAM & MORRILL FISH FLAKES

**Appetizing Dishes for Any Meal Quickly and Easily Prepared**

### *Fish Flake Cakes*

Cook in boiling salted water until tender, two cups raw potatoes cut in quarters. Drain, mash and add one tin B & M Fish Flakes, two tablespoons butter, or cream sauce, a pinch of pepper and a little hot milk. Beat thoroughly, shape in cakes, dip in flour and fry in fat tried out from three or four slices of bacon.

### *Baked Fish Flakes*

To one cupful cream sauce add one tin B & M Fish Flakes and pour into a shallow baking dish. Cut three hard boiled eggs in half lengthwise and arrange on top of the fish, pressing down slightly. Cover with bread-crumbs and grated cheese. Bake in a hot oven for 20 minutes until top is a golden brown.

**Many other delicious recipes sent free upon request, in "Good Eating," a recipe book for Burnham & Morrill Fish Flakes**



**Direct from the Sea to You and immediately obtainable at your grocer's**



**BURNHAM & MORRILL COMPANY,** **75 Water Street, Portland, Me.**

*Packing and specializing in State of Maine Food Products only—the best of their kind—including B & M Paris Sugar Corn, B & M Pork and Beans, B & M Clam Chowder, B & M Clams, B & M Lobster*




"YOU CAN MAKE IT INSTANTLY"

with

MAPLEINE

*The Golden Flavor*

There's no need to deprive yourself and family of that good old maple syrup taste—for Mapleine added to sugar and water provides exactly the same flavor. Try it.

**To Make a Pint of Syrup**

*2 cups sugar, 1 cup water and half teaspoonful of Mapleine*

and for corn syrup flavoring or for flavoring the many cane syrups grocers sell, Mapleine is remarkable.

Mapleine contains no maple sugar, syrup nor sap, but produces a taste similar to maple. Grocers sell Mapleine.

**2 oz. bottle 35c; Canada 50c**

4c stamp and trade mark from Mapleine carton will bring the Mapleine Cook Book of 200 recipes, including many desserts.




**Crescent Mfg. Company**
323 Occidental Avenue
Seattle, Wash.


## The Windmill

Everything in the dear old village seemed the same to Giles after his absence of four years as a prisoner of war in Germany. The old church, the village pump, the ducks on the green, the old men smoking their pipes while the women talked,—it was so restful after the treatment he had received at the hands of the enemy. Suddenly he missed something. "Where's Hodge's other windmill?" he asked in surprise. "I can only see one mill, and there used to be two." The native gazed thoughtfully around as if to verify the statement. Then he said slowly: "They pulled one down. There wasn't enough wind for two of em!"

—*London Tit-Bits.*

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"Any good fishing around here?" asked the visitor of the little village lad. "Yes, sir," answered the boy. "You goes down that private road until you comes to a sign in a field wot says, 'Trespassers will be prosecuted.' Well, you go across the middle of that field, and then you comes to a pond, with a noticeboard wot says, 'No Fishing Allowed.'" "Yes?" "Well—that's it."

—*Farm and Home.*

---

Father: "How many people work in your office?"

Son (government employee): "Oh, about half."—*Bystander.*


**HERE'S 25 CENTS FOR YOU**

*Clip this ad., mail it now with 25c and get our*

**50c MATCHLESS SILVER CLEANER**

CLEANS SILVER-WARE, EASIEST, QUICKEST, CHEAPEST AND BEST (GUARANTEED)

**MAC SALES CO., 2025 W. Balto. St., Balto., Md.**

Trade Mark Registered.

**Gluten Flour**

*40% GLUTEN*

Guaranteed to comply in all respects to standard requirements of U. S. Dept. of Agriculture.

Manufactured by
**FARWELL & RHINES**
Watertown, N. Y.

**TEN-CENT MEALS** $2.00 per week per person: 42 meals with recipes and directions for preparing each. This 48 pp. Bulletin sent for 10c or FREE for names of two friends who may be interested in our Domestic Science Courses.

**Am. School Home Economics, 503 W. 69th St., Chicago**

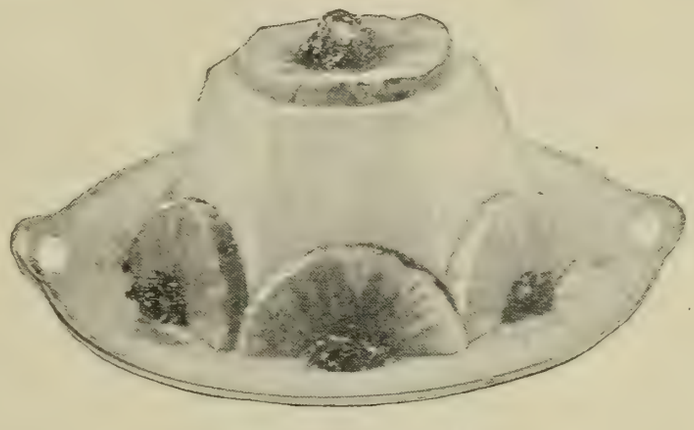
# Mrs. Knox's Page

## "Dollar Stretchers"

"Did you know that canned fruits, cherries, strawberries, raspberries, peaches pineapples, pears — whether you bought them in tins or put them up for yourself, will go 'twice-as-far' if you blend them into fruit desserts or salads, and serve twice as many people as the fruit alone would serve?"

Take a cup and a half of canned fruit, for example. Alone, it makes only a few helpings — but when combined with 1/4 package of Knox Sparkling Gelatine and made up into a Fruit Sponge, I have found it an ample dessert for six or seven people.

Try this Fruit Sponge Recipe of mine. Your family will call it a new delight, while you can also enjoy it as a "dollar stretcher."



### FRUIT SPONGE

**½ envelope KNOX Sparkling Gelatine**
**½ cup cold water**
**1 tablespoonful lemon juice**
**1½ cups canned fruits**
**1 cup canned fruit juice**
**½ cup sugar**
**White of one egg**

Soak gelatine in cold water five minutes and dissolve in hot fruit juice. Add fruit, sugar and lemon juice. When mixture begins to set, add white of egg, beaten until stiff. Turn into mold, first dipped in cold water and chill. Serve with a custard sauce or garnish with whipped cream, sweetened, and flavored with vanilla and chopped fruit.

## KNOX *the "4-to-1" Gelatine*

Speaking of "dollar stretchers," Knox Sparkling Gelatine is one in itself. It will stretch over four meals or go four times as far as the ready-prepared packages, which only do for one lunch or dinner and only make six servings. One package of my gelatine stretches out into twenty-four individual servings or will make four desserts for a family of six for four different luncheons or dinners, which explains why experts have always called Knox the "4-to-1" Gelatine.

## *Special Home Service*

If you need any help with your home table problems, or in stretching your food allowance, write me, mentioning your grocer's name, and I will send you my recipe books "Dainty Desserts" and "Food Economy" which contain many helpful suggestions.

Any domestic science teacher can have sufficient gelatine for her class, if she will write me on school stationery, stating quantity and when needed.




**Wherever a recipe calls for Gelatine — it means "KNOX"**

MRS. CHARLES B. KNOX

**KNOX GELATINE**

107 Knox Avenue, Johnstown, N. Y.



**SERVICE TABLE WAGON**



Large Broad Wide Table Top — Removable Glass Service Tray — Double Drawer — Double Handles — Large Deep Undershelves — "Scientifically Silent" Rubber Tired Swivel Wheels.

A high grade piece of furniture surpassing anything yet attempted for GENERAL UTILITY, ease of action, and absolute noiselessness. WRITE NOW FOR A DESCRIPTIVE PAMPHLET AND DEALER'S NAME.

IT SERVES YOUR HOME AND SAVES YOUR TIME THAT IS PRACTICAL ECONOMY

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**Lightning Mixer**

***Beats Everything***

Beats eggs, whips cream, churns butter, mixes gravies, desserts and dressings, and does the work in a few seconds. Blends and mixes malted milk and all drinks.

**Simple and Strong. Saves work—easy to clean. Most necessary household article. Used by 200,000 housewives.**

A USEFUL CHRISTMAS GIFT

If your dealer does not carry this, we will send prepaid quart size $1.00, pint size 75c. Far West and South, quart $1.25, pint 90c. Recipe book free with mixer.

**NATIONAL CO.** 165 OLIVER ST., BOSTON, MASS.

**"Free-Hand Cooking"**

Cook without recipes—a key to cookbooks—correct proportions, time, temperature, thickening, leavening, shortening, etc. 40 p. book. 10 cents or FREE if you are interested in Domestic Science courses.

**Am. School of Home Economics, 503 W. 69th Street, Chicago**

USED DAILY IN A MILLION HOMES

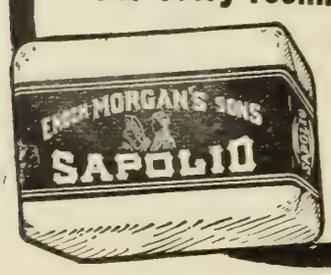
**Colburn's** Red Label **Spices**

The A. Colburn Co., Philadelphia, U.S.A.

SAPOLIO

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

**For every day in the week. For every room. For general housecleaning.**




**Solid Cake No Waste**


## New Books

*Concluded from page 620*

and starchy vegetables, green vegetables, salads and desserts, cakes, albuminous drinks, jellies, canned fruits, and cheese dishes.

An additional section of the book devotes itself to treatments, such as baths, sponges, hot-packs, salt-rubs, poultices, mustard plasters, enemas, douches, and directions for the proper way of filling a hot-water bag.

An index of several pages will enable people to find what they are looking for in a hurry.

This is a plain, brief and very practical little hand-book.

## High Heels

The *Illinois Health News* traces defects in eyesight and hearing to bad attitudes in standing and sitting.

"The stooping posture cramps the lungs and other internal organs, and interferes with normal development. In this way, diseases get their first foothold. It follows, therefore, that the first step in preventing consumption may be to fit a child with proper glasses; and the second step must be to create a habit of right breathing and posture, either when sitting, standing, walking or running. Flat foot and broken arches are the result of carelessness in the use of the feet, and the wearing of improper shoes. High heels are an abomination unto the Lord. They are largely responsible for the weak ankles of girls and women. They interfere with grace of movement. The girls imitate cows in walking upon their toes, and many also acquire the bovine grace of walking. 'Hammer toes,' sometimes requiring amputation, are another product of high heels. The high heel insanity is developed during school life, and one of the best preventives is the teaching of graceful exercises."


**TANGLEFOOT**

**The Non-Poisonous Fly Destroyer**

**The U. S. Dept. of Agriculture says in the Bulletin: Special pains should be taken to prevent children from drinking poisoned baites and poisoned flies dropping into foods or drinks.**






# "Hold it tight, Sis."

LIKE all children, little Billy's first thought is for the safety of the precious package of ***Wheatena.*** The certainty of wet feet does not worry them half as much as a possible mishap to their favorite cereal. Grown-ups as well as little folks love it because ***Wheatena***

## Tastes Good

Mother has many reasons for serving ***Wheatena*** in some form every day. She knows this all wheat cereal is largely responsible for the glowing health of her sturdy children. ***Wheatena*** makes rosy cheeks, good appetites and strong bodies.




Then, too, it takes Mother **only three minutes to prepare *Wheatena*** for breakfast, so it is a food of real economy.

Sold by grocers everywhere. A book of tasty ***Wheatena*** recipes will be sent free on request.

The Wheatena Company,
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Rahway, New Jersey

**Send TODAY for Special Factory Price on 12,500 Rapids!**

**Rapid**
FIRELESS COOKER



Be one of the first 12,500 women to write me. Get my new special rock-bottom price on a Rapid. I've made these special offers before like the department stores do. The big difference is you get the lowest factory-to-kitchen price from me. Here's your chance to save money. Aluminum lined throughout—full set high-grade aluminum utensils with each cooker. 30 days' free trial before you decide. Saves 2-3 to 3-4 fuel costs, 1-2 the work. But you must write soon! Get my big Home Science Book Free—gives you all the details of my low price offer. Send post card NOW. **Wm. Campbell, Pres.**
**The Wm. Campbell Co., Dept. 173, Detroit, Mich.**

"THE BEST EVER"




MADE FROM

**Highest Grade Durum Semolina Flour**

**RICH IN GLUTEN**

WITH

**"Great Bear" Pure Spring Water**

By improved process
In a clean, American Factory

**Appetizing—Delicious**
**Nutritious—Healthful**

The Ideal Substitute for Meat

MASSARO MACARONI CO., Inc.
Fulton, N. Y.
SAWYER CRYSTAL BLUE CO., N. E. AGTS.
88 Broad Street Boston, Mass.

***Eat More Bread***

Bread is the most important food we eat. It furnishes abundant nourishment in readily digestible form. The fact that it never becomes tiresome though eaten day after day, is proof of its natural food qualities.

***Eat plenty of bread made with***

**FLEISCHMANN'S YEAST**

## The Graduate Housekeeper

THE demand for expert assistance in private and public homes cannot be supplied. Salaries range from $75 to $100 a month, or more, with full living expenses, comfortable quarters, and an average of eight hours a day "on duty." *Professionally trained* housekeepers, *placed by us*, are given the social recognition due experts, such as is accorded trained graduate nurses. Why not?

Here is an excellent opportunity — our new *home-study course* for professional housekeepers will teach you to become an *expert* in the selection and preparation of food, in healthful diet and food values, in marketing and household accounts, in the management of the cleaning, laundry work, mending, child care and training, — in all the manifold activities of the home. When you graduate we place you in a satisfactory position without charge. Some positions are non-resident, others part-time.

The training is based on our *Household Engineering* course, with much of our *Home Economics* and *Lessons in Cooking* courses required. Usually the work can be completed and diploma awarded in six months, though three years is allowed. The lessons are wonderfully interesting and just what *every* housekeeper *ought* to have for her own home. Why not be a $150 per month housekeeper?

To those who enroll this month, we are allowing a very low introductory tuition, and are giving, free, our COMPLETE DOMESTIC SCIENCE LIBRARY, beautifully bound in three-fourths leather style. This contains our full Home Economics, Lessons in Cooking and Household Engineering courses — 4,000 pages, 1,500 illustrations, — a complete professional library.

This is only one of several professional and homemakers' courses included in our special offer. Full details on request.

.....***COUPON***.....

**AMERICAN SCHOOL OF HOME ECONOMICS**
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Please give information about your Correspondence Course marked X

| Professional | Home Maker's |
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| ....Graduate Housekeepers' | ....Household Engineering |
| ....Institution Management | ....Lessons in Cooking |
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| ....Teaching Domestic Science | ....Special Food |
| ....Home Demonstrators' | ....Special Health |
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# BAKER'S COCONUT

Baker's way is Nature's way. Both use the same delicious, rich coconut milk to preserve the coconut's full freshness and flavor. The *milk*—that's the secret of the success in making coconut cakes, pies and candies. Baker's is the only *canned-in-its-own-milk* Coconut—all other prepared coconut is dry and comes in paper cartons or boxes.

And the juicy white meat is already grated for you—tender, nourishing, delicious. A real treat from the tropics.

FREE Recipe Booklet mailed to you and friends you mention. Write for it. Recipe for this most wonderful coconut cake will be found on the inner side of the can label.

If Baker's Canned or Dry-Shred Coconut is not obtainable at your grocer's, send 20 cents in stamps for full-size can or package. And please mention your dealer's name.

THE FRANKLIN BAKER COMPANY
Philadelphia, Pa.

*Buy Baker's Dry-Shred Coconut if you prefer the old-fashioned sugar-cured kind in paper cartons*




FREE—a full-size can of Baker's canned-in-its-own-milk Coconut will be forwarded to active domestic science teachers and institution chefs free of charge. Please make your request on your business letterhead.

According to Bulletin No. 28 of the Department of Agriculture, "Fresh coconut affords 2760 calories per pound and is second only to butter and salt pork among the staple foods, as per the following analysis: Fat, 50.6 per cent; Protein, 5.7 per cent; Carbohydrates, 27.9 per cent; Ash, 1.7 per cent.
It is a valuable base (non-acid-forming) food.



# Dainty, Delicious Whole Wheat Spice Cakes

## —a treat for every member of the family

### Try this Tested S. & P. Recipe

One-half cup butter, one and one-half cups sugar, one cup fruit or nuts, one egg (beaten light), one cup thick sour milk, one-third cup pastry flour, two cups whole wheat flour, one-half teaspoonful soda, one-half teaspoonful Stickney & Poor's Cinnamon, one-half teaspoonful Stickney & Poor's Mace, one-quarter teaspoonful Stickney & Poor's Clove, one-quarter teaspoonful Stickney & Poor's Allspice.

Cream the butter, gradually beat in the sugar, then the fruit or nuts (cut or broken in pieces), the egg, and alternately the milk and flour, sifted with the soda and spices. Turn the mixture into small tins: it will take eighteen. Dredge the top of the mixture with granulated sugar. Bake about twenty-five minutes. Delicious!

# For Every Kind of Goody Use Stickney & Poor's Products

They will help you to obtain that elusive "just right" flavor in your favorite recipes. For cakes, puddings, pastries and other delicacies, you'll find Stickney & Poor's Spices the most satisfactory to use.

Full strength, full weight, flavor and purity! Everything the good cook seeks in spices she finds in Stickney & Poor's.

It will pay **you** to discriminate when ordering from your grocer. See that he gives you Stickney & Poor's products. They never disappoint.



**STICKNEY & POOR SPICE COMPANY**

**1815 — Century Old — Century Honored — 1920**

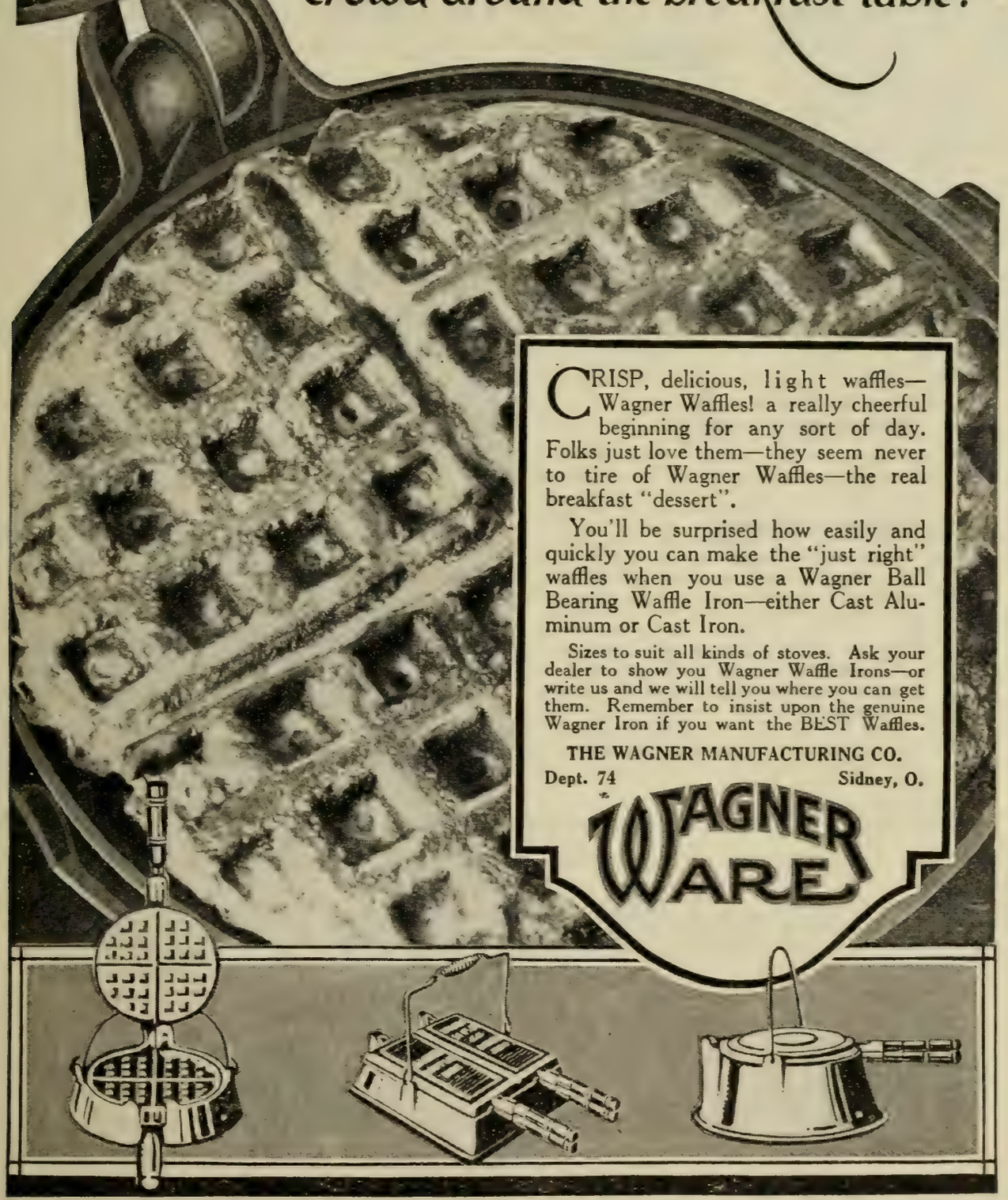
Mustard-Spices **BOSTON and HALIFAX** Seasonings-Flavorings

**THE NATIONAL MUSTARD POT**



# Wagner Waffles

*How they do make the Folks crowd around the breakfast table!*



CRISP, delicious, light waffles—Wagner Waffles! a really cheerful beginning for any sort of day. Folks just love them—they seem never to tire of Wagner Waffles—the real breakfast "dessert".

You'll be surprised how easily and quickly you can make the "just right" waffles when you use a Wagner Ball Bearing Waffle Iron—either Cast Aluminum or Cast Iron.

Sizes to suit all kinds of stoves. Ask your dealer to show you Wagner Waffle Irons—or write us and we will tell you where you can get them. Remember to insist upon the genuine Wagner Iron if you want the BEST Waffles.

**THE WAGNER MANUFACTURING CO.**

**Dept. 74** **Sidney, O.**

WAGNER WARE

# Riteshape for SERVICE



RESPECT the retailer who sends your food home in the Riteshape, for the Riteshape is the most perfect container for all bulk foods. Made of pure natural wood, it is sanitary and serviceable in store and in the home.

Good dealers use Riteshapes.

## The Oval Wood Dish Company

*FACTORY AT TUPPER LAKE, N. Y.*

***EASTERN OFFICE***

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New York City

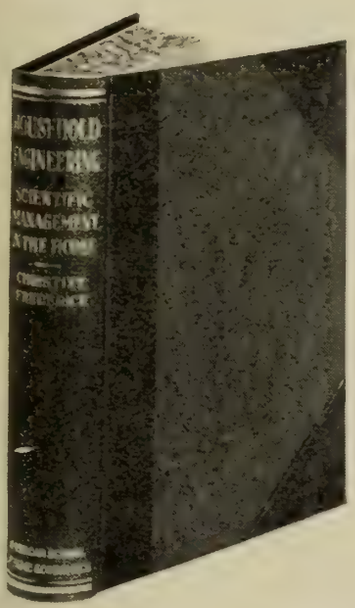
***WESTERN OFFICE***

37 S. Wabash Ave.
Chicago, Ill.

*Manufacturers of Riteshape Wooden Dishes*

# 2 NEW HOUSEHOLD HELPERS

## Sent on Seven Days' Free Trial



544 pp., 134 Illus., 5½ x 8 in., Rich Green ¾ Leather Style, Gold Stamped, Marbled Edges Price $2.50, postage 14c.

## Save ⅓ Your Time ¼ Your Money

With the help of our new courses and books, "Household Engineering" and "Lessons in Cooking." One helps with the housekeeping, the other with the cooking, and they help each other with *both*. They reduce the "mechanics of living" and give you time for the "joy of living."

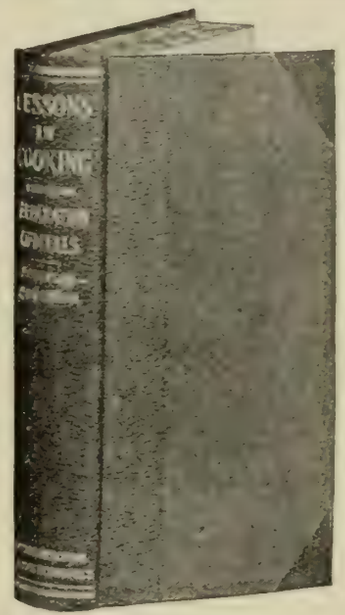
### Tested and Approved

BOTH "helpers" were planned for our correspondence students, and have been tried out and proved by thousands of homemakers. They come to you most highly recommended.

*Mrs. M. says of L. in C.:* "It's like having some one to help with the work."

*Miss S. says of H. E.:* "I have reduced time and energy, expended one-half, and I have only just begun!"

Their new dress in deep green Fabrikoid, ¾ Morocco style, is wear and water-proof — designed for service, but very handsome. You will be proud of them.



500 pp., Illus. Half-tone Plates, Deep Green ¾ Leather Style, Gold Stamped, Marbled Edges. Price $2.50, postage 14c.

### Household Engineering,

**Scientific Management in the Home**

*By Mrs. Christine Frederick*

1 The Labor-Saving Kitchen
2 Plans and Methods
3 Helpful Household Tools
4 Methods of Cleaning
5 Food and Food Planning
6 Practical Laundry Work
7 Family Finance, Records
8 Efficient Purchasing
9 The Servantless Household
10 Man'g'nt of Houseworkers
11 Planning Efficient Homes
12 Health and Efficiency

### Lessons in Cooking

**Through Preparation of Meals**

*By Robinson & Hammel*

Twelve (12) Weeks' Menus of 21 Meals for each month, with all recipes and *full directions for preparing each meal.*

Twelve (12) Menus and Directions for Special Dinners, Luncheons, Suppers, etc.

Twelve (12) Special Articles — Serving, Dish Washing, Candy Making, Fireless Cooking, Kitchen Conveniences, etc.

Twelve (12) Summaries of Food Values, Ways of Reducing Costs; also Balanced Diet, Food Units, Helpful Suggestions, etc.

**How they work for you! For years and years, as long as you live! They never get tired! They never quit! And they serve you for only 10 cents a week!**

We guarantee our "Helpers" to give satisfaction, and will give, if you are in time, for one year:

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**American School of Home Economics**

**503 W. 69th Street, CHICAGO, ILL.**

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Send your "Helpers" at once, prepaid. enclose $5 in full payment (OR), I send 50 cent (stamps) and will pay $1 per month for fiv months. Membership to be included for on year.

If I do not like your "Helpers," I wil return them in seven days, you are to refund in full, at once, and I will owe you nothing.

Name.....

Address .....

# HEBE

*—the new food product–a gift from nature and science –it cuts cost of cooking and enriches your menu*

*Use Hebe for*

Bread
Cakes and Buns
Muffins and Biscuits
Custard Pies and Puddings
Griddle Cakes
Custards
and a thousand
other uses.

Serve Hebe with
Coffee and Tea
and in Cocoa.







## *Use Hebe in all your Baking*

Not only for bread, but for muffins and biscuits, and for fine cakes, buns, doughnuts, custard pies and puddings. Hebe is a constant economy. Hebe enriches your baking. Hebe enables you to get delightful results because it is always uniform. Its quality never varies.

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Domestic science experts and teachers of Cookery should be familiar with Hebe, its economy and many uses.

Begin to use Hebe today. Use it in baking and for cream soups, creamed vegetables, creamed meats, omelets, custards, salad dressings, oyster and clam stews.

There are a thousand ways in which Hebe will save in the cost of living and at the same time vary and enrich your menu.

Order Hebe from your grocer today. And write for the free Hebe Book of Recipes—Address the Home Economy Dept. 2315, Consumers Bldg., Chicago.

*CHICAGO* **THE HEBE COMPANY** *SEATTLE*



# 3 Handy Uses

## *for the* BENJAMIN TWO-WAY PLUG

In your living room, your kitchen, your bedroom, in fact in *every* room—you can banish the inconvenience of single electric light sockets.

No longer need you remove the light to attach your various appliances—no longer need you be limited to light *or* appliance when you need *both*. This patented plug turns single sockets into double workers. Millions in use. Folder on request.

**Every Wired Home Needs Three Or More**

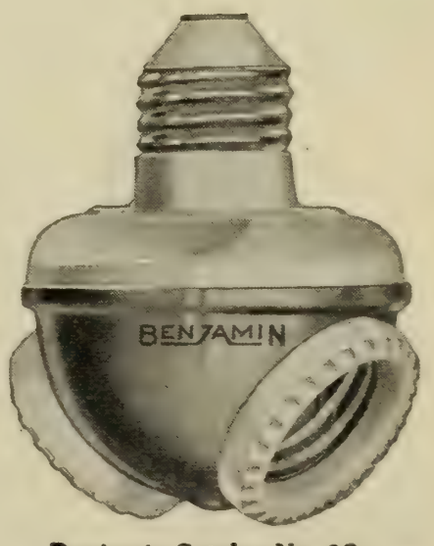
*At Your Dealer's*

**3 *for* $3.50**
**OR $1.25 EACH**

*Made Only By*

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**Chicago** **New York** **San Francisco**




**Benjamin Catalog No. 92**

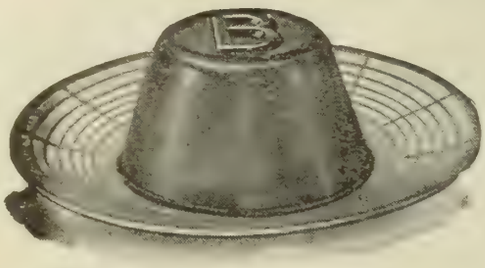
Benjamin No. 2452 Shade Holder enables you to use any shade with your Two-Way Plug. Price 15 cents.
Benjamin No. 903 Swivel Attachment Plug screws into the socket without twisting cord.

**Experience** has shown that the most satisfactory way to enlarge the subscription list of American Cookery is through its present subscribers, who personally can vouch for the value of the publication. To make it an object for subscribers to secure new subscribers, we offer the following premiums:

**CONDITIONS:** Premiums are ***not*** given ***with*** a subscription or ***for*** a renewal, but only to ***present*** subscribers, for securing and sending to us ***new*** yearly subscriptions at $1.50 each. The number of new subscriptions required to secure each premium is clearly stated below the description of each premium.

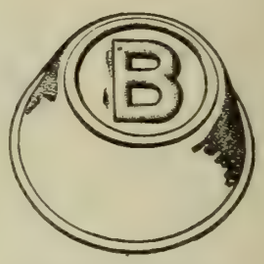
Transportation ***is*** or ***is not*** paid as stated.

## INDIVIDUAL INITIAL JELLY MOULDS




This shows the jelly turned from the mould

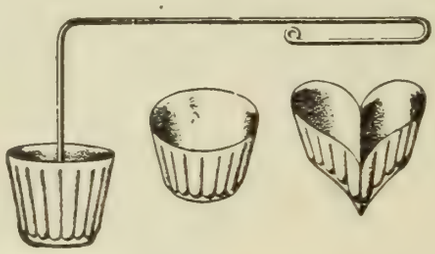
Serve Eggs, Fish and Meats in Aspic; Coffee and Fruit Jelly; Pudding and other desserts with your initial letter raised on the top. Latest and daintiest novelty for the up-to-date hostess. To remove jelly take a needle and run it around inside of mould, then immerse in warm water; jelly will then come out in perfect condition. Be the first in your town to have these. You cannot purchase them at the stores.




This shows mould (upside down)

Set of six (6), any initial, sent postpaid for (1) new subscription. Cash Price **75 cents.**

## "PATTY IRONS"



As illustrated, are used to make dainty, flaky patés or timbales; delicate pastry cups for serving hot or frozen dainties, creamed vegetables, salads, shell fish, ices, etc. Each set comes securely packed in an attractive box with recipes and full directions for use. Sent, postpaid, for one (1) new subscription. Cash price, **75 cents.**

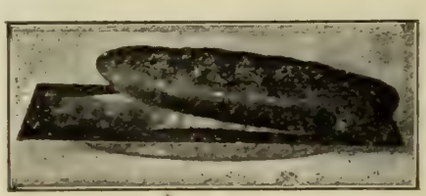
## FRENCH ROLL BREAD PAN



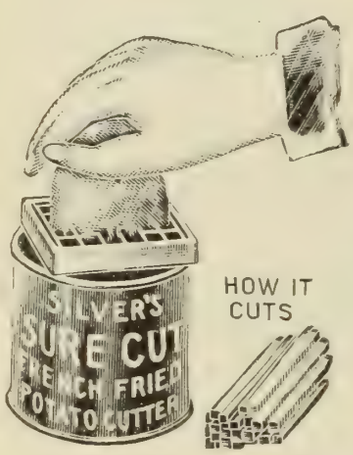
**Open End**

Best quality blued steel. 6 inches wide by 13 long. One pan sent, prepaid, for one (1) new subscription. Cash price, **75 cents**

## SEAMLESS VIENNA BREAD PAN



Two of these pans sent, postpaid for one (1) new subscription. Cash price, **75 cents for two** pans.




### SILVER'S SURE CUT FRENCH FRIED POTATO CUTTER

One of the most modern and efficient kitchen helps ever invented. A big labor and time saver.

Sent, prepaid, for one (1) new subscription. Cash price **75 cents.**



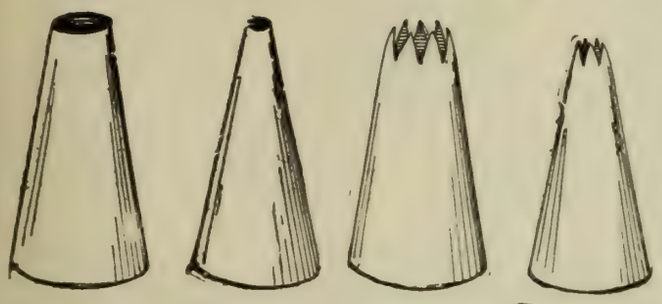
## HEAVY TIN BORDER MOULD

**Imported, Round, 6 inch**

Sent, prepaid, for one (1) new subscription. Cash price, **75 cents.**

**THE BOSTON COOKING-SCHOOL MAGAZINE CO. :: :: Boston, Mass.**

# PREMIUMS

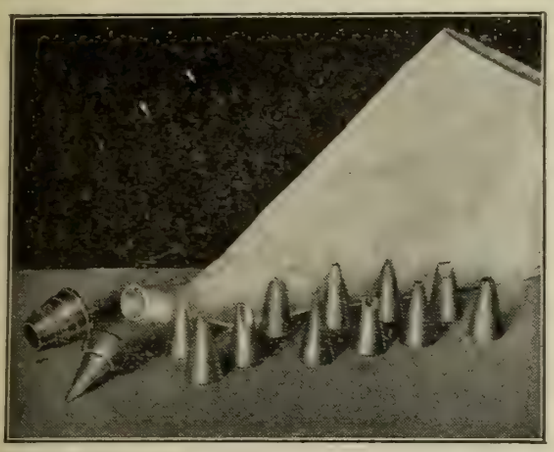


## PASTRY BAG AND FOUR TUBES

(Bag not shown in cut)

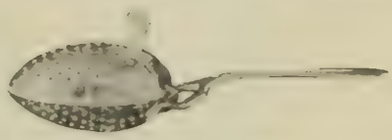
A complete outfit. Practical in every way. Made especially for Bakers and Caterers. Eminently suitable for home use.

The set sent, prepaid, for one (1) new subscription. Cash price, **75 cents.**



## THE A. M. C. ORNAMENTER

Rubber pastry bag and twelve brass tubes, assorted designs, for cake decorating. This set is for fine work, while the set described above is for more general use. Packed in a wooden box, prepaid, for two (2) new subscriptions. Cash price, **$1.50**

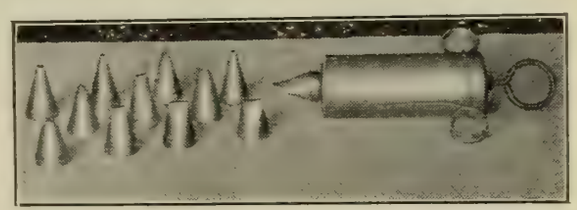


## "RAPIDE" TEA INFUSER

Economic, clean and convenient. Sent, prepaid, for one (1) subscription. Cash price, **75 cents.**

## CAKE ORNAMENTING SYRINGE

For the finest cake decorating. Twelve German silver tubes, fancy designs. Sent, prepaid, for four (4) new subscriptions, Cash price, **$3.00.**

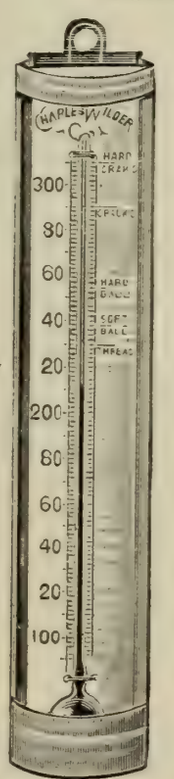





## HOME CANDY MAKING OUTFIT

Thermometer, dipping wire, moulds, and most of all, a book written by a professional and practical candy maker for home use. Sent, prepaid, for four (4) new subscriptions. Cash price, **$3.00.**

**The only reliable and sure way to make Candy, Boiled Frosting, etc., is to use a**




## THERMOMETER

Here is just the one you need. Made especially for the purpose by one of the largest and best manufacturers in the country. Sent, postpaid, for two (2) new subscriptions. Cash price, **$1.50**

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Cores and splits apples, pears and quinces into six pieces with one operation. Silver plated, turned wooden tray. Sent, postpaid, for one (1) new subscription. Cash price, **75 cents.**

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# AMERICAN COOKERY

Vol. XXIV APRIL, 1920 No. 9

## CONTENTS FOR APRIL


| | | PAGE |
|---|---|---|
| THE GARDEN LIVING ROOM. Ill. | Priscilla Porter | 651 |
| THE EDGE OF THE OCEAN. Ill. | Ruth Fargo | 655 |
| A LUNCH BASKET ROMANCE | Harriet Whitney Symonds | 658 |
| THE PROFIT IN A GARDEN | Frances E. Gale | 661 |
| PLANNING PLEASANT TABLE SERVICE | Emma Gary Wallace | 663 |
| KITCHEN APRONS I HAVE KNOWN | Quincy Germaine | 666 |
| THE WOOD–STONE KITCHEN | Jean Cox | 668 |
| UP IN GRANDMA'S ATTIC | Caroline L. Sumner | 669 |
| EDITORIALS | | 670–672 |
| SEASONABLE–AND–TESTED RECIPES (Illustrated with half-tone engravings of prepared dishes) | Janet M. Hill and Mary D. Chambers | 673 |
| MENUS FOR WEEK IN APRIL | | 681 |
| MENUS FOR SPECIAL OCCASIONS | | 682 |
| THE WIZARD OF THE SOUP–POT | F. M. Christianson | 683 |
| THE TELEPHONE VOICE | Florence L. Tucker | 684 |
| HOME IDEAS AND ECONOMIES: — A Vegetable Fracas — Victory Soup — Cooking and Baking with Gas — The Fireless Cooker — Mint — A Good Way to Cook Fish | | 687 |
| QUERIES AND ANSWERS | | 692 |
| THE SILVER LINING | | 700 |




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# INDEX FOR APRIL


| | PAGE |
|---|---|
| Edge of the Ocean, The | 655 |
| Editorials | 670 |
| Garden Living Room, The | 651 |
| Home Ideas and Economies | 687 |
| Kitchen Aprons I Have Known | 666 |
| Lunch Basket Romance, A | 658 |
| Menus | 681, 682 |
| Planning Pleasant Table Service | 663 |
| Profit in a Garden, The | 661 |
| Silver Lining, The | 700 |
| Telephone Voice, The | 684 |
| Up in Grandma's Attic | 669 |
| Wizard of the Soup-pot, The | 683 |
| Wood-stone Kitchen, The | 668 |


## SEASONABLE-AND-TESTED RECIPES


| | | | |
|---|---|---|---|
| Biscuits, Orange, with Filling. Ill. | 678 | Parfait, Pineapple. Ill. | 677 |
| Blanc Mange, Sea Moss Farine. Ill. | 679 | Pie, Goblet (English) | 674 |
| Cabbage, Stuffed, au Gratin. Ill. | 676 | Pie, Sour Cream | 679 |
| Cake, Orange Cream, with Filling. Ill. | 678 | Pineapple Puff | 678 |
| Cake, Spring, with Boiled Frosting. Ill. | 680 | Potatoes, Candied Sweet | 675 |
| Custard, Warsaw | 678 | Pudding, Cherry | 680 |
| Filling, Orange | 678 | Pudding, Froth | 680 |
| Filling, Orange Cream | 679 | Pudding, A Frugal | 678 |
| Frosting, Boiled | 680 | Salad, Cooked Vegetable. Ill. | 677 |
| Haddock Farci. Ill. | 674 | Sally Lunn | 679 |
| Lamb, Leg of, Roasted, with Candied Sweet Potatoes. Ill. | 675 | Shortcake, Strawberry. Ill. | 677 |
| Lobster, Casserole of | 676 | Soup, Cream of Asparagus-and-Tomato | 673 |
| Mackerel Baked in Vinegar | 674 | Soup for the Convalescent | 673 |
| Omelet, Traveler's | 676 | Tripe, French Method of Cooking | 673 |


## QUERIES AND ANSWERS


| | | | |
|---|---|---|---|
| Beans, Boston Baked | 694 | Pie, Chocolate | 694 |
| Bread, French Crusty | 696 | Pudding, Boiled Indian | 698 |
| Bread, Vienna | 696 | Ravioli, Italian | 698 |
| Cakes, Butter | 696 | Salmon, Color in Cooking | 692 |
| Candy, Ice Cream, Streaked | 694 | Sandwich, Waldorf Special | 692 |
| Gumbo, Crab | 694 | Sauce, Brown Sugar | 698 |
| Milk, Tinned | 698 | Stuffing, Breadcrumb | 698 |
| Nougat, Honey | 696 | Toast, Curled | 692 |
| Oranges, Baked | 692 | | |



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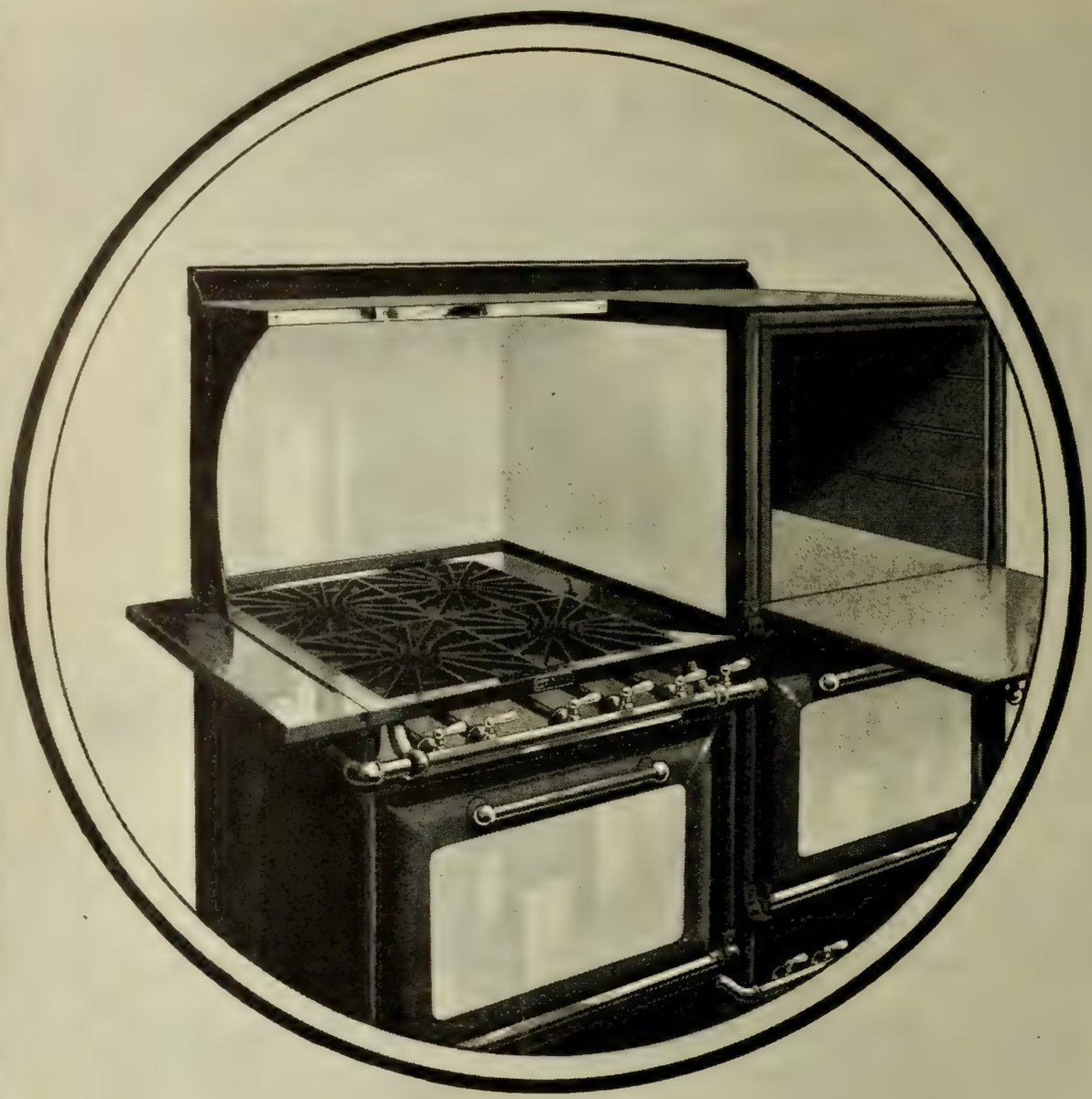
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Hills and valleys fair to see,
  Rivers deep are flowing,
Forest green with shady nooks
  Where the laurel's growing.

Granite rocks lift high their heads,
  Waterfalls are tumbling
Down the mountain side so steep
  To where the ocean's rumbling.

Waves roll in upon the shore,
  Fishing boats draw nigh,
Seagulls, white, with fluttering wings
  Float against the sky.

Orchards full of blossoms sweet,
  Perfume fills the air,
Homes where truest friends oft meet,
  Greetings everywhere —

Native land,
  Where'er I roam,
I long for thee,
  My own dear home.

— *Edith Louise Farrell*



OUTDOOR LIVING ROOM AT PRIDES CROSSING, MASS.

# American Cookery

VOL. XXIV APRIL No. 9

## The Garden Living Room

By Priscilla Porter

THERE is the sound of revelry as the orchestra of birds winging their flight from the sunny south reach their northern home. Here, perched on the branches of the trees, they pour out their soul in love notes to their mates. The balmy air of spring tempts us to fling wide open our windows, happy in the thought that stern winter has unshackled the world and summer, victorious, is on her way. Then we glimpse our gardens laid bare by the melting snow, studying possibilities for developments later on. Tired of the flower plot just for display, we consider transforming it into an out-of-door living room, a place where we can enjoy close at hand the fragrance of the sweet scented blossoms, the study of birds; for do not flowers, birds and water constitute the main groundwork for a garden?

There is no reason why we should not make it a spot after our own heart, like one of the man-made inside rooms out of which we step into this, our outdoor living room. The lay-out is not a really simple problem, for it must be designed with a keen perception of the beautiful. Many a shabby genteel garden may become alluring by putting a touch of friendliness into it so that there is a smile of welcome as you enter. Every kind of a garden has its problem to deal with. What a pity that Nature has been so shockingly unsystematic in her distribution of soil so that we often wonder where all that loam prated about in every garden book has disappeared to. Still, as time and garden interests march onward, we grow to realize that a dominant note of color produces a far better effect than a chromatic scale of shades.

The sun lays a little gold spell of happiness on the garden that makes us revel in the joy of living. Much skill and time must be expended to get the old, cared-for, casual atmosphere that your garden should express. Don't keep putting off April's work, if March weather continues to hang on after the first of the month. There are many things in that month's program that can be attended to even in bad weather and the worse it is the more important to get it finished, realizing that fullness of the rush when it finally breaks.



A CHINESE TEA HOUSE

Measurements must be taken, catalogues consulted, and garden furniture sought after, that we may be well armed with an accurate knowledge of the proper solution of this most important subject, to fulfil its initial purpose of being a restful living room. Paths and flowers must be orderly and trim, the garden furniture fitting, either rustic or painted a color that will be adaptable to its environment, such as forest green or dainty white, which contrasts so strikingly with the dark foliage of the vines.

It is far better not to overcrowd the planting just for the sake of having space covered, for if there is no pergola or tea house, it gives opportunity for the garden table and other accessories for tea serving in the afternoon or early twilight.

The homemaker who plans a garden should understand the simplicity of shrubbery planting, whether for ornament or for screen and shelter. The Tartarian honeysuckle is a shrub well worth the planting, growing as it does from eight to ten feet in height. It forms a perfect wind break, being gloriously covered with bloom in May, and if broken at any point, it soon fills up the gap of its own accord. The garden may be made beautiful very largely on account of the taste displayed in planting; you can spoil it as easily as you can make it ornamental and it is important to know whether a screen is necessary or a low growing, flowering plant, for some of us need when we are seated in the open just a little shelter from the passing breeze, no matter how soft and gentle it may seem, and others crave a screen from a very warm sun. The love of privacy is growing in America and arbors are being constructed to afford rest and shelter, differing from the pergola in that it has a greater freedom of design and the sides and roof are lighter than those found in the former.



A TEA HOUSE OVERLOOKING WATER, DEDHAM, MASS.



A JAPANESE TEA HOUSE, JAP ARCHITECT

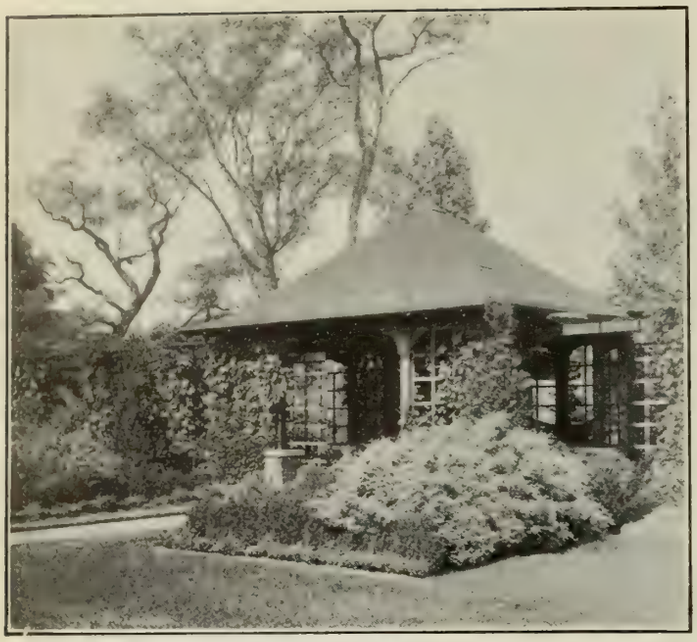
To make this a true living room in the open, opportunities for rest should be provided, such as garden seats and chairs, while features of interest can be obtained by special planting or bits of simple, garden statuary. Most of us cannot afford marble or even fine terra cotta, but there is left the poor man's granite-cement, taking great care that it be not overdone or crudely molded, obviously copies of something better; seats that look hot in summer and cold in winter and hard all the time, in fancy, everything that appears to be a crass imitation of a nobler material, for such things give the garden a *bourgeois* look that no amount of care or wealth of bloom can hide.

Cement, however, can be utilized in any way that the designer wishes and it may be any color or finish. It is safer, nevertheless, to stick to gray and other neutral hues. It has been definitely proven that beautiful things can be produced from this material.

Rustic furniture requires considerable ingenuity in construction and seldom has a real claim to beauty except through its picturesqueness. Cedar and locust with the bark left on are not only most durable, but the most attractive of woods; although for this purpose cypress, chestnut and other varieties give satisfaction. Wooden furniture, chiefly the white, painted type that we first imported from Europe, is much in vogue in our gardens; where the designs are good and there are not too many pieces it looks clean, cool and inviting. Care should be taken that painted furniture should never be allowed to become soiled.

Iron furniture is mostly in poor taste, the designers seemingly running to curly scrolls and sinuous lines. There is about it a German beer-garden look that it is hard to avoid, and it is, at its best, uncomfortable.

The idea of an outdoor living room is suggested usually by the use of tables and seats; the latter invite tarrying while the former present a vision of tea. Do not scatter them promiscuously throughout the garden as if preparing for a lawn fête; place them, rather, at salient points with some real plan or design in mind. Tables seem out of place almost anywhere except under shaded trees or vine-clad pergolas.



GARDEN SUMMER HOUSE

Seats and table bring to our mind the arbor as well as the summer, small living rooms within big rooms. Arches over paths or arbors at the end afford splendid opportunities for seat-placing. These, when covered by vines or climbing roses, provide shade and a bit of seclusion. The most popular way for building these is through the use of white painted lattice work. Fountains and pools, considered as a part of garden furnishing, are really water-garden accessories and possibly do not fall within the province of an outdoor living room.

Quick growing vines and annuals must be used, if the grounds have not been previously planted. By far the better type is the perennial garden where certain combination of plants and vines give immediate effect, at the same time taking steps towards the establishment of permanent growth. The ivy is slow, but will gradually make a lasting cover for the tea house, so intermix it with the luxuriant Dutchman's Pipe that shows such quick results. Let annuals be used until the growth of plants that require a number of years to mature have grown sufficiently to do away with them.

With all the pomp of barbaric splendor do the great Oriental poppies flaunt their bizarre colors for borders, compelling the attention of the most casual guest. Rich in warm, glowing colors, the large peonies seem in unison with Nature, making a universal appeal. But the refined, delicate beauty of the iris hidden



A LATTICE TEA HOUSE, MANCHESTER, MASS.

from the observer, whose fancy is caught by the gorgeous, striking beauty, needs closer acquaintance. Gaze down into the heart of this flower and find revealed a wonderful beauty of soft iridescence.

It is hardly necessary to catalogue everything that rounds out a garden of this sort. The main point is to furnish the room effectively and in good taste. The day of the black iron stag and the red gypsy kettle has happily passed, but we have ever with us the human tendency to put the wrong thing in the wrong place. The safest rule is to do a little at a time, making sure the results are useful, as well as attractive to the eye.

The perfume of the vine is in the air, for it is summer and we can no longer be content within the four walls of our house. At peep o' day we hasten to the wide open window that we may look out over the sunkissed tree tops at the beautiful garden living room below, which seems to call to us to leave the roof overhead and come out into the open to live.

---

# At the Edge of the Ocean

## By Ruth Fargo

WE left the little river steamer at Prosper. Why called Prosper I never knew — perhaps the name is camouflage, for little is there save a handful of houses, and a row of piles. The houses are weather-beaten and picturesquely ugly; the piles dip long, slimy sides deep into the bottom mud of the Coquille River. They even act as hitching posts for the complacent canoes that rise and fall periodically with the tides.

Urged by an impatient impulse we had put ashore from our steamer; we would gear up sluggish circulations tramping up and over a wooded slope, cross-cut, down to the very edge of the ocean. We could do it. There was time a-plenty, so they told us, time before supper at the Bandon Beach Inn, whither we were bound. Indeed, it was Institute Week; teachers must attend. Such were we. By some blissful streak of good luck Institute this time had been located at Bandon-by-the-Sea, a little salt-seasoned town at the very edge of the Oregon ocean. And we were coming a week early merely because of that: a chance to offer incense at the edge of an ocean. Such chances do not often come to the average landlubber.

One long moment we stood on the water-stained planks of what might well be the most impromptu pier in all the world, stood still and watched our steamer tug away. It would wait the night at the end of the river, tomorrow turn up-stream again.

"Look," murmured my companion, ripples of youth in her voice. She was staring across the smooth, sunlit surface of the Coquille River, in its deeper depths blue as turquoise. "Wouldn't you think this was some inland sea, some fairy-fostered lake? Would you ever guess an ocean boomed just around a bend? Would you — if you were deaf?"



AT THE EDGE OF OUR OCEAN

I laughed. I am older, and more sedate. Besides, I was born at the edge of an ocean. But that ocean was three thousand miles away!

"Oh, no; you never would guess," insisted my companion with the unquenchable ardor of youth, "if you did not hear the sound of the surf on the sands. You could not guess — if you did not *know*. Why, it is like putting faith in fairies to believe an ocean is just over there."

She made a little gesture in the direction of the rippling track, silver-edged, trailing behind our vanishing river boat.

"Smell the salt in the air," I sniffed. "Notice the sea breeze coming up. It will be blowing a saucy gale by the time we reach that sobbing surf," I commented dryly. "You will have to hang on to your hair."

"Pooh!" scouted my friend. "What is the use of pinning disquieting ticktacks on the end of this beautiful day? — Don't be a bird of ill omen. Come, if it blows — it blows."

"Come," echoed I. "True enough, come. Or we may have to camp under a fir tree with an ocean fog rolling in thick enough to walk out on and view the ether. . . . You don't know what a late fall fog can do to you."

"Ghostly drifting — saline — picturesque —" murmured my young poetic friend.

"Distressingly damp — chill — penetrating —" added my practical self.

We passed along our way, stalking a path through the winter evergreens which grew more and more short and gnarled and stunted, looking like gnomes of tree-land, but marvelously beautiful withal, down to where we watched the breakers rolling in, silver-sandaled.

"Go west!" murmured my friend. "But we can't go any farther than this, unless we wade, or swim — or charter a tug." She dropped down on the warm sand. "Not any farther at all."

"Humph," commented I. "Wait till the tide goes out. You can walk dry shod between yonder rocks where the breakers boom. Don't stare. Miracles happen every day, my dear, at Bandon-by-the-Sea."

We stayed a week. And we stayed another. Who would not, wooed by that challenging will-o'-the-wisp in a winter's salt sea breeze?

. . . . But my companion demurely contended it was merely because she must test her camera. (But oceans are oceans, and I knew better!)

Indeed, the winter brightness did lend itself to photography. But not so a winter's fog, which could spread suddenly in from sea in so many small minutes like a huge roll of white paper freed from a confining rubber band, and utterly spoil the plans of one pretty neophyte who must tuck her camera under her arm and tramp back to a stuffy hotel, feeling chicaned by utterly unmanagable conditions. One cannot discipline a naughty day.

"Better luck tomorrow," soothed I.

"But I must get some pictures," mourned my friend.

"Buy some. There's all sorts of cards at that little book stand —"

"Never," rushed her answer warmly. "I want some of my own, some that are perfectly original, and suggestive, and unstereotyped, and —"

"Full of flaws —"

"And have never been taken before," she flared fiercely.



PROSPER, QUIET AS AN INLAND SEA

"Pshaw," said I; "they've all been taken before. There's nothing new under the sun. Same old ocean — same old surf — same old sand —"

"Indeed, you are wrong," affirmed she with a penchant for objections, "you cannot prove, you old stick-in-the-mud, that anything is the same. Not actually the same. Except, perhaps, the Government jetty — and the sea-gulls — and Tupper's rock — Perhaps," she swerved suddenly, "you knew him — Cap'n Tupper?"

I nodded.

"He lived to be ninety," murmured my companion. "His tract of land is down the beach, they say, the place where stone was quarried for the jetty. I shall certainly snap-shot that jetty."

"Everybody does."

"And the bowlders, too! Oh, I am going to get my pictures if I have to wait all winter. Big basaltic bowlders. Did you know they were so huge? I feel like a pigmy posed by one. And see the polish on them! Why, they are beautifully hand-rubbed like Aunt Em's upright piano."

Came a chuckle at our elbow. We turned. It was an old man whom we had noticed about the hotel, where he seemed as much at home as a barnacle on a ship bottom. He scuffed along perfectly noiselessly on the soft, wet sand, his hands in his pockets, his shoulders hunched down into some heavy, formless jacket.

"Hand-rubbed!" He chuckled again his funny chuckle. "Hand-rubbed, eh? Hand o' Neptune. He, he, he! Ho, ho, ho!"

Somehow, we felt so young, suddenly so uninitiated and childish. Had Time actually turned back the clock and left us ten again, ten goin' on eleven?

The old man rubbed his jaw, his eyes caught a whimsical twinkle. "Pretty powerful hand," he ruminated. "Don't believe me, eh? . . . Drift along down to the Caves, half mile on." He considered. And then: "But don't you go *in* 'less the tide's goin' *out*. They ain't no submarines on dooty today."

"Does he mean we might need to be *rescued*?" whispered my companion.

But I did not answer, not at once. I was intent on catching the parting words of the old man, as he pottered on down the shining salt sands. They were these:

"He, he, he! Good ideer t' warn them school ma'ams. Mebbe the Lord *does* take keer o' fools — same as said, but the ocean don't. Ho, ho, ho!"

Silently we climbed to the top of Observation Bluff, and stood in muted wonder watching the sun take his daily plunge into the blue brine. And curiously our eyes followed the white sea-gulls, marveling at their graceful dippings and flutterings as they flirted openly with the thundering breakers. It had become our daily rite. We had climbed Observation Bluff every evening for a week. For two weeks. And the sight never grew stale. Sometimes — sometimes — we glimpsed the dark outline of a ship far out at sea. And, at last, when twilight had begun to powder the air, we regretfully turned from the ocean and trekked hurriedly back to our sleepy little Inn.

Then came the last two days of our joyous two weeks, two days that winter had borrowed from spring, so mild they were, seemingly for our special benefit.

"Just right for a beach bonfire, long 'bout supper time this evening," announced our landlady that last gay morning. "Any one who wants any supper of me will have to come down on the sand to get it."

We gasped. "I never heard of such independence in any hotel lady anywhere," whispered my companion. "But it sounds good — I'm going to be on hand — down on the sands, about supper time. What do you suppose she will give us?"

"Let's go hunt her up. Maybe we can help — maybe we can cook something," suggested I.

And my suggestion was not without its lure. "To cook something" — it is the thing so "eternally feminine" that lurks in every woman's heart. And it does not matter if she be five or fifty! . . . Indeed, at five, I was making mud pies — and, doubtless, so were you. Playing at cookery! — what little lassie does not?

And that day, I verily believe, every woman at the hotel had a hand in preparing something for supper on the beach. And such a supper as it was! Such a one who has never supper-ed on the sands has something yet in store for him.

Our noiseless old man of the morning built the bonfires, big, blazing bonfires that seemed utterly regardless of fuel; and yet, after all, no one missed the sticks we drew from the driftwood, an acre of which lay beyond us. Beautiful piles of driftwood, sanded and tattered and bleached to the softest tints of gray found anywhere in the world, unless it be the pastel shades in thinly clouded skies.

"Wouldn't a room be dainty done in that delicate shade?" It was a question that drifted past my senses as we lounged on the sands that supper-time — and ate, and ate, and ate! (Nothing like ocean air, go East or West, to give one an appetite!) Afterward, I learned that the query was put by a decorator hailing from the other side of the continent. Indeed, she had been born in the same village as I, and we never should have met except for that informal supper on the sands.

That supper on the sands! . . . . Indeed, I have eaten of many menus, I have chosen this and chosen that, I have cooked in little western kitchens, I have been served from splendidly laden tables, here and there and everywhere — just as have you! and you! and you! — but nothing clings to my memory with tendrils of such utter satisfaction as that one-time supper on the sands, at the very edge of an ocean, on a certain spring day kidnapped by Winter. A day made on purpose for that very special occasion. Made on purpose for that special occasion as was the supper our landlady planned.

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# A Lunch Basket Romance

## By Harriet Whitney Symonds

FROM early youth Lucena Cottle had thirsted in secret for a romance, and now she was face to face with her thirtieth birthday and none had come her way. Nor was the outlook for the future at all dazzling. Sidetracked by circumstances, in the home of her widowed cousin-in-law, Mrs. Drusilla Fifer, who took boarders for a livelihood, Lucena had few advantages and little opportunity to make the most of her natural charms of person. She was tall and slim, and with proper draping might have attained the distinction of "style"; but Diana's self could scarcely be stylish in a perpetual brown apron of the shapeless, flapping bungalow pattern; and what good was pretty brown hair with a twisty curl born in it, when prisoned in a serviceable dust cap? Furthermore, how could one, handicapped by a disposition both slow and shy, win the tributes that go to those of a nimble wit, ready tongue, and easy manner? Not that Lucena would have been able to exercise those fascinations freely, had she possessed them. Too wary was the eye Mrs. Drusilla Fifer kept upon her, and also upon her young men boarders, to admit of such a course. In these days

of maidless kitchens, Lucena was, in a domestic sense, priceless; her culinary accomplishments were not to be wasted upon an outsider — not if Mrs. Fifer knew her own tenacity of purpose; and not to mention that it would have shortened her list of boarders by one!

However, as it chanced, the rank and file of Mrs. Fifer's boarders — slangy young clerks, mostly, whose brains ran to "swell" ties, "grand" movie shows, and the like — made slight impression upon the fancy of Lucena. One, only one, was there whose stock stood high with her, and he, sad fact, was as helplessly shy as she, herself.

Dutton Filbert was not stylish, and his ties never bothered him. He was with an automobile company, and no doubt wore greasy overalls when at work, but he was always neat in the house, and Lucena liked his twinkling brown eyes, and his good-natured way of taking the world. She also admired his freedom from false pride. The other fellows complained — a bit boastfully — of the number of "bucks" their downtown lunches cost them; but Mr. Filbert cheerfully carried his lunch each day in a covered brown basket, the same, of course, being duly taken into account in his weekly board bill.

The task of filling Mr. Filbert's lunch basket daily was Lucena's, and was one that she executed with zest. For, of all branches of cuisine duty, the preparing of sandwiches was one she especially loved and excelled in. No crude structures of slab-like bread and ragged, gristly meat were those turned out by Lucena. Her's — to see them was to taste them, and to taste them was to call for more. And no day-in-day-out sameness of construction dulled the appetite of the fortunate partaker thereof. One day, sliced cold, roast beef, thin, even, finely lean with narrow edging of delicate fat, nestled between the smooth, daintily buttered slices of white bread and brown. Another day plentiful shavings of sweet, boiled ham, mustard-embellished, took the place of beef; or minced chicken, mingled with gravy; or scrambled egg, skilfully blended with chopped bacon of the alluring streak-of-fat-and-streak-of-lean kind, served as filling. Indeed, the variety of Lucena's sandwiches was something wonderful, for she delighted in the invention of new combinations at frequent intervals. Moreover, the adjuncts to the sandwich course were as admirable in their way as was the former. There were jelly tumblers of creamy rice pudding, and meringue custards, and marvelous mixtures of savory and spicy things baked in little brown casseroles; there were crisp, golden-bronze turnovers, fat and bulgy, merely hinting, by a splash or two of candied red or orange-tinted juice, at the delights of their interiors, and cakes, never alike, two days in succession, but ranging widely from thin-edged wafers to wedges and triangles of loaf and layer cakes.

Mr. Filbert fully realized the fact that he was a lucky man. He was perfectly aware that Lucena was the genius of the lunch basket, and countless were the moments when he yearned for an opportunity to express his appreciation of her artistic work in his behalf. Two things, however, stood in the way of this, viz.: his own shyness and Mrs. Fifer's eternal vigilance, for, on the one or two occasions when he had scraped enough boldness to essay a little confidential chat with the young lady, as a scrap of opportunity offered, Mrs. Fifer had found means to nip it, even before it had attained the proportions of a bud.

One happy day Lucena got together a new gingercake that was a dream of joy — a sublimated thing, spice-breathing, raisin-spotted, of a spongy lightness and a delightsome dark red-brown hue. She placed two large blocks of this gingercake in Mr. Filbert's lunch basket, and when next she overhauled the latter, she found not so much as an edge or a corner left. She did, however, find a bit of paper folded up in the napkin, which bore the following tribute:

"Oh, gentle lady, who dost make
Such heart-enthralling gingercake,
Accept from me my thanks sincere
For treat the best I've had this year;
I'd like to ask you, if I may,
Please make another one some day."

That night Lucena sat up late, nagging her brain to produce a reply in kind to Mr. Filbert's verse. At eleven-thirty, having chewed the end of a pencil into splinters, she had ground out this much:

"I'm glad you liked my gingercake;
Some more tomorrow I will bake,
For that's one thing that I can do,
Though I can't write as well as you."

After this outburst the Muse forsook her entirely, and although she tried very hard to put two finishing-off lines to it, she was forced at last to let it go at that.

Two days afterwards, this lyrical gem shone out of the returned lunch basket:

"Oh, modest one, please read my lay —
So many things I'd like to say
About the sandwiches you make,
And all the lovely things you bake,
But never do I get a chance,
And hardly from you e'en a glance,
So now, I take this way of telling
The thoughts that in my heart are dwelling.
The lunches you arrange so neatly
Make me esteem you most completely."

To Lucena, this was poetry of rarest essence. But after a season of futile struggle to make a suitable poetical response, she abandoned rhyme and took to plain free verse.

And now, indeed, had Lucena fallen upon her romance, a homely one, but satisfying to her simple heart. Through the plodding work of the day she had a bright spot to look forward to in the moment that brought Mr. Filbert's lunch basket back to her eager hands, like a homing carrier dove, and no heroine of high romance repairing to some hollow tree for secreted letters from an ardent lover ever thrilled with sweeter expectancy than did this humble heroine as she raised the lid of that plain brown willow basket each evening.

Little did bustling Mrs. Fifer dream of the love story that was being woven immediately beneath her nose, with her best boarder and her cousin-in-law as weavers and the brown lunch basket as a shuttle, until the fabric was too nearly completed for any effort of hers to ravel out.

On a beautiful evening in May when the moon was near to full, Lucena found in the basket, instead of a poetical tribute, a piece of forcible prose, which ran thus:

"Dear Miss Lucena:

"Poetry is all right, but rhymes are too arbitrary to work into what I am going to say this time. I can't lead gracefully up to a subject, as some can, so I'll have to plank it out bluntly, and trust you'll forgive me.

"I took a liking to you the first time I saw you one nipping cold morning, bringing a heap of hot flapjacks to the table. There was something in your face — a pleasant sedateness — I can't describe it, but somehow, with the edge of that little cap thing you wore dropping over your forehead, I thought of a tall, trim, quiet flower by a brook in the early spring. You made me think of many other pleasant things, also; and then, those lunches you put up for me each day! I simply couldn't help writing that first verse, and I was scared to death all the afternoon for fear you'd take it the wrong way and give me a good slam; but the sweet way you answered it and my other verses got me to thinking of you steady, nearly all the time.

"Now, why can't we have a little talk with each other? Mrs. Fifer doesn't own either you or me, so why not shake the flag of defiance square at her and let her go the limit? I will, if you will. I want you to go out with me tomorrow after dinner; there's a fine play at the Hamilton, and several good movie shows; we'll go wherever you wish. And I'll tell you the rest of my 'thinks' then. Will you do it? Put your answer in the basket tomorrow morning. If it's 'Yes,' I'll be waiting on the front porch for you soon after dinner. Tell Mrs. F. where you are going, or not, as you think best; but I advise having it out at once — like a bad tooth.

"Think well over what I've said, for I am desperately in earnest and I don't care who knows it.

Impatiently yours,
Dutton Filbert."

In her amazed delight over this letter Lucena came near putting baking powder in the hash and pepper in the flour she was preparing for the next morning's muffins; and the big clock in the hall had donged out "One" before she even closed an eye in slumber. By that time she had planned a complete course of action. So she fell happily asleep and dreamed of tall flowers and lunch baskets

dancing together in the most absurd fashion.

A bungalow apron, though not beautiful in itself, has more than one point of excellence, as Lucena admitted on the afternoon following the receipt of the lunch-basket letter; for, in its shielding and concealing protection, she found it possible to assist in cooking and serving dinner in her best costume, all unsuspected, thereby saving the time she would have had to spend in dressing.

On the removal of the last dish in clearing away the table after dinner, she had but to shed the apron as a locust does its shell, touch up her hair a bit and assume coat and scarf, to be equipped for the evening's outing.

And then, in the flush of her newly-discovered courage, she walked calmly away before Drusilla's astounded eyes, merely observing, easily, "I'm going out with Mr. Filbert for a while. I'll attend to the dishes when I come back."

And truly, there was a score to settle with Drusilla when she did come back, you can believe my statement. The latter, stirring up light dough sponge with indignant energy, pounced upon her as soon as she showed her head in the kitchen.

"I don't know as I'm entitled to any notice," opened up Drusilla, bitingly, "but if it isn't asking too much, would you please give me a little hint as to what this caper means?"

"Drusilla," said Lucena, quietly, "it isn't worth while to be tragic, nor to be angry. There isn't anything about it that I am not ready to tell you. I've been out to a picture show with Mr. Filbert. After that, we took a walk and had a talk; and about the week after next there'll be a wedding; that's all."

"That's all!" Drusilla dropped her long-handled spoon and slumped despairingly into a chair. "Oh, indeed! Are you telling me, Lucena Cottle, that you and Mr. Filbert are going to be married, knowing as little of each other as you do? Why, you aren't even acquainted; you —"

"Oh, yes, we are," Lucena averred, calmly. "We know each other very well."

"But you can't. I haven't an idea how you worked the plan of going out together this evening, but however it was, that isn't sufficient for you to have formed a real acquaintance. It's perfectly rash to take up with a man that's almost a stranger to you."

"He isn't one. We've had quite a courtship."

"I don't know what you call a courtship. How and when did it take place, if I have the privilege of inquiring?"

Lucena laughed as she slipped into the old bungalow apron.

"It was all straightforward and right," said she, "and it came about through the medium of the lunch basket."

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# The Profit in a Garden

## By Frances E. Gale

THE Man Who Thinks in Dollars closed his garage door and strolled across to the fence dividing his yard from that of The Man Who Likes to Grow Things. He went in response to a signal, and he took a shining new tool in his hand and examined it with more condescension than enthusiasm.

"What did that thing cost?" he asked as he returned it to its owner.

"Seventy-five cents," beamed The Man Who Likes to Grow Things, "and it's the best weeder on the market. Look." He dug into the symmetrical

bed at his feet and extracted an invading weed. "Gets it roots and all. And the long handle saves stooping. My grandfather used to have something like this. He called it a 'spud.' He was a fat man, too. Guess I get my waistline and my liking for the soil from him. But I've pulled in my belt two holes since I planted those onions, and it'll come in two more before the summer's over."

The Man Who Thinks in Dollars laughed.

"See here. Did you ever honestly figure out what those carrots over there will cost you?"

"No, I didn't. And I don't intend to. Why? Because the cost isn't worth considering. The profit's big and sure."

The Man Who Thinks in Dollars looked argumentative. He took from his pocket a pad and pencil.

"I figured on this thing when this gardening craze started, and I said to myself: 'No. I'll use my time and money some other way until the price of vegetables goes higher than it is now.' Look at this. It took a man an hour to dig that bed, and you paid him fifty cents, didn't you?"

"I did not," said The Man Who Likes to Grow Things. "I dug it myself."

"Well, your time is as valuable as a digger's, isn't it? Then your seed cost twenty-five cents, and the cultivator you showed me the other day cost fifty, and that tool in your hand cost seventy-five. That totals $1.95. I'm merely tacking these items on the carrots because the other expenses could be distributed over the other vegetables in the same proportion with about the same result. That bed will produce, if it crops well, about two bushels. Last winter carrots sold for two dollars a bushel. Now, where is your profit for your summer's work?"

The Man Who Likes to Grow Things leaned his back against the fence, rested his chin on the handle of his new weeder, and let his eyes rove over his soldierly beets, his feathery carrots, his satiny onions, his swelling corn, his sturdy cabbages, his blushing tomatoes, and all the other developing things that Mother Earth held crooningly in her arms as she lay smiling up at him in the sunshine.

The Man Who Likes to Grow Things, although something of a poet, as his kind always is, had less facility with words than with weeders, and besides he knew that to The Man Who Thinks in Dollars some words carry no meaning. So he arranged his thoughts very carefully before he said:

"You hold that what I spend on seed, tools, occasional help, and the value of my own time would buy more vegetables than I can produce."

"I do."

"And you may be right — providing I'm the only deserter in the army of producers. If the other fellows, by sweating in the sun, keep prices of garden stuff from following bread and meat, I can reap the benefit. But I'm not digging and hoeing and weeding and watering merely to grow stuff for my own table. Perhaps I'm growing it to feed people whose bones are sticking through their skin and who haven't had a square meal in years."

"Why don't you send the money the raising of this stuff costs?"

"Money's not edible. There are children in this world who'd rather have a bowl of beans than a bowl of silver dollars. If the beans are missing, the dollars might as well be jackstones. If I don't produce beans, *my* children can get beans from the grocer, but he will have a dish of beans less to sell to some other non-producer's family, who in turn will buy from some other grocer, and so on, and, the world's stock being lessened by one dish of beans that my well-fed children have eaten, one mouth somewhere will go without a meal. The road between cause and effect may be long, but if I fail to produce my dish of beans, there's bound to be a dish of beans missing *somewhere*. That's the economic side of it. What has that to do with my

profit? There's profit for me in knowing that the law of supply and demand, twisted as its course may be, must finally put every bean, carrot, cabbage, cauliflower and ear of corn that I raise, or their equivalent, into a stomach that otherwise would ache for food. However, I have my profit long before that result is reached."

"Figure it out," persisted The Man Who Thinks in Dollars, proffering his pad and pencil.

The Man Who Likes to Grow Things shook his head.

"It can't be done by that sort of arithmetic.

"Did you ever get up on an early April morning and walk around your yard and see the bare, brown earth, just out of its snow covering, waiting for you? If you listen you can hear it saying: 'Take me into partnership. Between us we can work miracles. We can create.' After you have heard that voice every shovelful of soil you turn brings up its own dividends of pleasant anticipation and self-respect. Nature is your partner in a business that is at the very source of things, a business without which no other business could exist. Then, when the seeds are planted, having done your first bit, you must stand aside a while, waiting for other forces to take up the work. You are at the border line where the powers of man and of God meet, and presently a New Thing pushes its way up into the light and becomes a part of the life of the world. Profit! A man who would sit down and reckon his possible profit, when he saw the first young green of his own lettuce in the spring, would demand to be paid in advance for his baby's keep, when he first felt its hand curl around his finger.

"Then, as each group appears above ground, active partnership begins again. The growing things need help, encouragement, protection, and they give so much joyful appreciation in return that the first bunch of radishes you carry into the house bears no more likeness to those for which you pay a dime than the face of your three months' old girl to that of the baby you pass in the street. What if the grocer's radishes are as plump and crisp as yours? Do you test all Creation with your teeth?

"Profits! No, I've never 'figured them out,' but I know my garden pays dividends every day — dividends of health, dividends of education, dividends of wonder, dividends of hope, dividends of faith. When things look blackest, it brings me a message of 'All's well!' from the Unseen World. And having paid those invisible profits it pays a visible dividend of good, wholesome food for my family, fresh from the ground in summer and safe in cans for the winter."

"Don't you think," suggested The Man Who Thinks in Dollars, not trying to conceal a yawn, "that you'd better get a typewriter and write a book?"

"No," said The Man Who Likes to Grow Things, "I'd rather get a hoe. The corn needs hilling up."

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# Planning Pleasant Table Service

## By Emma Gary Wallace

IF there is anything that is discouraging to a careful housewife, it is to take infinite pains with the preparation of a meal, and then to have the one or ones who serve the food or assist in the serving, make awkward work of it or spoil its appearance.

Not very long ago, the writer was in an attractive home, and after the evening dinner, the mistress of the house con-

fided in a voice dangerously near to tears, that her husband and her son rather scorned taking pains with the serving of a meal, insisting that the food itself was what counted more than how it was carved or dished out.

As I recalled how Mr. Martin had haggled the roast and had soiled the cloth about the platter; and how handsome, nineteen-year-old Colby had dragged the mashed turnip over the side of the serving dish to his own plate — I understood and sympathized with my hostess. That is, I sympathized, *at first*, but after I came to think about it, I decided that she was quite as much to blame as husband and son, and that her own lack of resourcefulness in remedying so simple a situation cancelled her right to any sympathy at all.

As I helped her pack up the dishes for the maid-by-the-hour who was to come in to wash them, I noticed that the carving knife was as dull as a hoe. No one could carve anything skilfully with it. I called Edith Martin's attention to this fact gently and she said with a resigned air,

"Yes, isn't it awful! I never can get Frank to sharpen the knives, unless I keep at him until I am sick of it!"

"But," I replied spiritedly, "Frank has to leave home at 7.30 in the morning to make the office in time, and he doesn't get home until 6.30 at night. I'd never wait for him to do it, if I were you. I'd get Colby to sharpen them, or take them some place to be sharpened. By the time Frank has carved with a knife sufficiently sharp and in good condition for six months, he'd never be satisfied to use a dull knife again. Educate him to having things right and get Colby to aid and abet you. Think what it'll mean to the lad when *he* gets a home of his own!

"Then, Edith," I continued, "I can't help but sympathize a little farther with Frank. That was a delicious fresh pork shoulder, but a shoulder is very difficult to carve nicely at any time, because the bone is so large and the depth of meat upon it rather shallow. Now, if you really have a sharp knife to work with, you can take the bone out yourself in ten minutes; or, if you think when you are buying the meat, your meat man will take it out for you and send it home, so you can use it in the stock pot. Then the pieces of dry bread, which are sure to accumulate, will make a nice dressing with which to stuff the boned roast; or you can simply roll it and tie it, and you have a solid piece of meat to handle. If you will put your roast upon a *larger platter*, and give Frank a sharp knife, you'll find he will be more skillful."

"That platter *was* rather small," Edith said thoughtfully. "It hadn't occurred to me before.

"But," she said, brightening up, determined not to give Frank too much credit, "my husband never seems to know which way of the grain to cut meat. I've told him and told him, and he nearly always starts in just opposite from what he should."

"Perhaps," I defended again, "no one has ever explained the difference to him. Why don't you get him to go with you to market sometime, when he has a vacation, and get the market man to explain to him something about the cuts and the way they should be served, for meat goes so much farther and tastes so much better when it is properly cut."

Edith nodded in agreement.

"I've thought of doing that myself," she said, "but even when a steak is put in front of Frank, he is just as likely to give the tough end to a guest as the tenderest tidbit."

"Now see here," I exclaimed, "Edith Martin, you are not going to make me believe that Frank isn't just as brilliant as the next fellow! He never could have made the record in a business or scientific way that he has, if he had lacked mental ability. The chances are you have never explained to him the difference in the parts of a steak, but have expected him to know by intuition. Sometime when you

are alone, show him the steak before you fry it, and let him take hold of it and see how much tougher part of the fibres are than others. Then, if a steak is carefully trimmed, there is really not so much difference. Do your part, Edith, and I believe Frank will do his."

She laughed.

"What would you do, if Colby dragged the mashed potato or turnip over the edge of the nappy dish, in place of lifting it out with a spoon? I have told him dozens of times about that, but he persists in serving it in his own way and says that I am fussy."

Edith's cheeks were burning. I could see that she really had had some troubles of her own to deal with.

"Of course," I said gaily, "it's lots easier to advise other people than to solve the problem one's self, but I think I should handle Colby in this way.

"I should invite some of his friends to dinner from time to time. I don't mean make a party, but have one or two in, when it is convenient, and he will enjoy it. Before you have them come, let Colby see that you are doing your best to treat his friends handsomely, and ask him to take special pains in serving his part of the food nicely. I am sure he will respect your wishes.

"Then, I believe that as a family, you are rather inclined to eat over-much at home. It would do you good to get out occasionally, and have a meal elsewhere. Remember, I am not advocating that you become gadabouts or spendthrifts, but once in a while, it would be a real relief for you to be free from meal getting, and would do Frank and Colby good to have a change.

"Don't go to a cheap eating place, but afford yourself a real treat, in the way of an outing, with nice food, properly served. The boy is as keen as a briar, and will soon notice how much the appearance counts. Then, too, if you invite some friends of his in, he will receive return invitations, and he will observe that in good families, the table service is easy but correct.

"Then, if I were you, I would not spare effort to have one or two dainty and rather unusual dishes every day at the home table. I don't mean to make a lot of fussy food, but rather to take pains to have some of the viands especially attractive. Now, a fruit salad put in a bowl and passed, is a very ordinary dish. Take the same materials, dress these daintily with mayonnaise and whipped cream, and serve on crisp lettuce, and garnish with a cherry and a few nuts, and the common meal becomes a banquet.

"In many homes, the individual service in ramekins, small casseroles, custard cups, and so on, is almost replacing the larger serving dishes, because of the greater attractiveness in the way of neatness at the table.

"Then in some homes, the shortage of help has made the housekeeper herself a little careless, for naturally the woman who gets her own meals, and does her own work, is rather fagged when everything is ready to serve, but a small expenditure in the way of a muffin-stand or a tea-wagon will make it possible to clear the table and remove everything between courses without the least trouble. It pays, too, in point of keeping up the family standards of refinement."

"I have always wanted a tea-wagon," Edith burst out, "but it seemed like an extravagance."

"It really isn't," I assured her, "for it saves you steps and keeps you good-natured and sweet.

"In my own home, when I am preparing food for the table, I always try to visualize how it will look when it is placed before those who are to eat it. A cream pie that flattens all over the plate and leaves the crust empty, is not appetizing, and it is just as easy and much more satisfactory to follow a tested recipe and to have a cream pie that stands up and is rich and toothsome and shapely.

"Take a dish of hash, for instance. Some will make hash so that the very sight of it causes your stomach to revolt, and others will prepare it so that the

savory odor and crispy brown appearance tempt the appetite. So, all in all, I think it is quite as much up to us who are preparing the meals and keeping the utensils in order, as it is to those who actually do the last minute serving. Naturally we realize the importance, as they do not, of offering the food in the most pleasing manner, but a little tactfully directed education will go a long way in helping make meal times restful and a delight in every sense of the word."

"I believe you are right," Edith said thoughtfully. "As usual, when we find fault with other folks, we can trace the trouble back to ourselves, can't we?"

And I was obliged to agree that Edith was right.

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# Kitchen Aprons I Have Known

## By Quincy Germaine

ONCE upon a time my grandmother had a cook. (*A* cook, if you please! Not five or six per month.) Her name was Maggie. She had come in her somewhat indefinitely remote youth, and she stayed until she acquired a pension. But of these things I was told; my memory of her holds only one detail. It is of the slippery, creaseless, greaseless, albeit hideous thing in which she enveloped herself. Whether nowadays it would go by the name of "bungalow apron" I am not sure, since these latter can be made to cover so many purposes. Possibly it may have been a "tire," but that is immaterial. I recall only its glory and its majesty. It was Maggie's imperial robe of office and she wore it like a queen.

The kitchen where she reigned was sunny, with cross-currents of air playing from east to west and causing the motes to dance along the darkly polished floor. There was a pump, too, and an enormous range, a rocking chair, and Maggie. Always there was Maggie. And always in my memories of the cookie-box, the beanpot, the piles of doughnuts, the "yard of pies" is the picture of Maggie in the atrocity she wore. For it was the color of the beanpot, of the molasses, of the brown sugar, of the Bristol brick. According to its age and length of service only did its color change. Not all the cookies in Christendom could assuage the insult it offered to my sensibilities in those days. Time has not softened the recollection even now.

At about the same time my great-aunt had a Bridget. She was as spare of form as Maggie was ample. Her covering was gray, picked out with white, like an elephant's hide sprinkled with dust. *Requiescant in pace!* I loved you both, but oh, how I did hate your aprons!

Then followed the period, before I was tall enough to reach the sink without the aid of box or stool, when I endured the misery of strings tied about my neck, while a baggy covering cut for adult proportions impeded my every move. If the strings didn't come untied, the thing usually tripped me when I descended from my stool. If I didn't thereby cause a barn-door tear, probably I did jerk the gathers from the binding. For my mother's aprons were nearly all gathered upon a belt. They were checkered, — blue — pink, — black, although one that has come down to me has little interlocking rings. All of them, however, only covered one's lap, after one grew up to them, that is. They kept my mother and visiting aunts immaculate. Ah, where are the cooks of yes-

terday? — as Francois Villon might have said and didn't.

Fifteen years ago, when the oldest cousin was married, she was deluged with the sleeveless, neckless overall that is so common now. Likewise were many exquisite white linen "gowns," with long prim sleeves and square-cut necks, — just the thing to set off the charm of a happy bride. These "gowns" had a stringlike belt and fastened with two buttons in the back. Oh, exquisite beyond compare! Cool, clean and practical!

But have you ever tried to dress a chicken in one of them? I don't mean the question literally, for no real chicken could survive the ordeal of a yellow scrawny neck against the modishness of white linen cut to fit. I mean "dress" in the good old-fashioned sense, — plucking, scooping out, scrubbing, drawing and all. (You city housewives will not realize the tragedy until your butcher fails you. If he already has, I do not need to elucidate.)

I caught my cousin that way, once. And when I laughed she sat right down and cried. I am fond of that cousin and meant her no hurt, but her apron did look like a Roman holiday.

Wherefore in my own kitchen plain white linen is taboo, although for dining-room purposes it is compulsory. The other garments I inherited come forth only upon demand, — and no one does demand them, when they see what I offer as alternative.

Chintz is my solution for the horrors of the past, and the perplexities of the present. If I can establish a cult upon this theory the future will be more beautiful, at least. The slippery surface of my chintz aprons rivals anything Maggie or Bridget wore. The flowered, varicolored patterns make mockery of the camouflage that the checkered coverings never did achieve. No white linen washes better than does chintz, which has the added virtue of not growing dingier whenever it comes out of the machine or tub.

Remember what I say when next you go to town. Wisteria, roses and honeysuckle look better than polka dots and rings. Deny it if you dare! It takes no more to make an Apron Beautiful than in the other style. It takes no more, and miraculously it costs a little less. Try it and see whether I am right or wrong. (Haven't you some ancient horror that you never thought about till now? Bring it out and look at it!)

You've doubtless heard the adage, "Clothes make the man," perhaps have applied it to yourself, — in your leisure hours. Carry it further, preferably on a bleak, rainy day. Instead of a drab, indefinite, sleezy rag, shake out a riot of chrysanthemums when you start to work. Pink or yellow or red, it makes no difference in that respect, though they'll be most satisfactory if they riot on black, or black and white. Something of their joy goes into the beating of the cake, something of the color gets into your own soul, and soon beyond a doubt you'll hum a fox-trot as you come and go.

---

I WONDER if other housekeepers have discovered the varied uses of the gas oven! It took me some time to do so.

My gas range, a medium sized one, has the usual number of holes, but these proved insufficient when I was getting more elaborate meals. Then I began to use my oven, starting the vegetables on top of the stove, then putting them in the oven, along with the roast, to finish cooking there. Two or three small sauce pans can be accommodated in the average oven, and carrots, tomatoes and the canned vegetables, which need less cooking, boil away cheerfully in the oven recesses. Oven cooking simplified my problems, and enabled me to serve my dinners and lunches more quickly as well as more easily. A. T. F.

# The Wood Stone Kitchen

By Jean Cox

"MY kitchen," said Mrs. M., as she showed us her new home, "is the most easily cleaned kitchen I know. The walls are covered with heavy muslin and have been given four coats of paint. The last two are enamel, which gives a surface that responds readily to this new cleaning fluid I have."

Suiting the action to the word, she placed a little of the reddish liquid on a damp cloth and the kitchen grime seemed to disappear as if by magic.

"You see," she continued, "it takes only a short time to go over the entire painted surface, and," she added, "it doesn't take the life out of the enamel nor the skin off the hands."

Next to the kitchen door stood the refrigerator which, with its pale gray enamel coat had become a part of the room. It was elevated about 10 inches from the floor with a wide drawer underneath in which were kept picnic-luncheon supplies, wrapping paper and cord. The ice box of the refrigerator opened on the back door platform so that the ice man need be only a "silent partner."

"My slogan of cupboard cleaning," she continued as she opened the cupboard door, "is prevention. The rabbeted edges of doors and drawers successfully keep out greasy vapors, smoke and dust.

"My dish cupboard is at the left of the sink where dishes are easily put into place without extra steps or lost motion. The shelves are adjustable so that we do not have to stack dishes and then be annoyed by wanting the one at the bottom of the pile. I have, at least, one more shelf," she added, "than the average cupboard affords and I find that the spaces suitable to the different kinds of dishes are not too small.

"Have you found a better place for your tray than this?" she asked as she opened the doors of the lower cupboard and showed us how the tray slipped in on a rack underneath the work table of the dish cupboard.

"What a splendid idea," we cried, for we saw the utilization of ordinary waste space above the dishes in the lower cupboard as well as the possibilities of storing an expensive tray without danger of marring or scratching its surface.

"I think I can be justly proud of my sink," she smiled. "It is large enough to hold two dish pans and this adjustable faucet extension gives me hot, cold, or warm water in either pan. The height of the sink is right for our needs, and hanging the most used utensils over it makes it easy to clean up as you go. The view of those ever-changing mountains from the window is sufficient incentive to Mary to give the window a little extra scouring."

When she opened the doors of the storage cupboard at the right of the sink, I realized what careful planning meant in kitchen efficiency. Shelves and bins were just right. The inside of the door where baking supplies were kept served as the back of a group of small shelves about four inches deep on which were placed baking powder, raisins, spices, flavoring. The narrow space made these easily accessible without fumbling.

At the top of this cupboard were bins that receded behind the shelves of different widths which held other baking supplies. Flour and sugar were obtained through the opening just over the work table, which was also of wood-stone and finished the sanitary, work-table unit from side of refrigerator to east wall.

An extra table, containing more storage space and which enlarged when necessary with folding leaves of wood, filled

in the space between baking supply cupboard and stove.

"The space under my gas range is also utilized," she explained as she opened the door of the cupboard box and displayed dust-proof wooden space for large roasting and large dripping pans, etc.

The doors leading to the dining-room and basement were unusually well placed as there was little recrossing between stove and door and dish cupboard and door. "In case large crowds are to be entertained," she told us, "guests can be ushered downstairs to the children's attractive playroom where refreshments may be served."

On the whole this wood-stone kitchen was unusually attractive. The wood-stone floor having a gray border slightly lighter than the center of the room seemed quite dressed up. The light tone of the border faded into lighter wall tints as there were no base boards to catch dust.

"This floor is a joy," my hostess explained. "It is soft as wood to the feet, not more expensive than a wood floor covered with good linoleum and, when waxed occasionally, it is much more easily cleaned than linoleum or tile. Broom and mop seem to slide over the waxed surface."

Lest I be an unbeliever, she took the broom out of the cleaning closet in the corner and asked me to convince myself. The broom did seem fairly to glide over the surface and the dirt with it.

## Up in Grandma's Attic

Up in Grandma's dusky attic folded carefully away
Sacred heirlooms of life's romance year on year unaltered lay,
Trousseau of old silks and laces,
Wrapped in filmy tissue cases,
Breathing shadowy tales of Grandma's wedding bells of long ago.

What a tale their folds could tell us, if they only had a voice,
How we long to know their secrets so that we too may rejoice —
Was there happiness or sorrow
With a glad or sad tomorrow
For the blue eyed, blushing maiden with a heart of purest gold?

Grandma, with her locks of silver pinioned by her silken cap,
Telling stories of her childhood as we sat upon her lap —
Smiling always so serenely,
In a manner gentle, queenly,
Proved to us in fullest measure love had been her lifelong joy.

— *Caroline L. Sumner.*

# AMERICAN COOKERY

FORMERLY THE

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OF

Culinary Science and Domestic Economics

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## A Memory

Too beautiful she was to tarry long,
  Yet I can thank the stars I saw her face
And learned from her the majesty of song,
  And learned of glory from her lovely grace.

Before she came the world was but as dross;
  Her coming made it something holy, sweet;
And when she went, in counting up the loss,
  I held it holy still, though incomplete.

Yea, holy still because it holds her husk,
  And incomplete because her soul is flown;
Yet, sitting here within the haunted dusk,
  I can but feel she makes the world her own.

She seems a part of every beauty seen;
  Her breath is felt when fragrant winds do pass;
Her eyes look out from dewy branches green;
  Her feet bend down the newly sprouted grass.

And so, companion world, I love you well,
  Not for yourself, but for a bright day dead;
For hints of paradise that in you dwell,
  For glory gone and for a dream unsaid.

—*Laura Blackburn.*

## An Idealist

Little Bobbie: "Pa, what is an idealist?"

Father: "An idealist, my son, is an optimist who has lost his compass."

## PROPAGANDISM

WE like neither the word nor the process for which it stands. The method of reformation it suggests has become odious. Pacifism, socialism, Bolshevism, all indicate a single line of procedure and lead straightway to anarchy and chaos. "Bolshevism is Socialism in action. That is its true definition." Certainly no one of these words can be said in any wise to be suggestive of patriotism. Some one has said we could bear the wiping out of most of the "isms" of today, but what of patriotism? Could we afford to wipe out that, also?

We have been wont to associate propagandism with missionary work, the spread of the gospel tidings, free, without money and without price, to all parts of the earth. Widespread moral or spiritual well-being was the object sought. At any rate, the effort was a free-will offering and the acceptance of it was voluntary. And yet, even the missionary spirit has not received universal approval. But what can be said in favor of the political, social, anarchistic propaganda so prevalent everywhere in these latter days? Hired agitators are moving stealthily to and fro on the earth with malicious intent to undermine and subvert the existing governments of the world — to scatter and destroy all that civilization so far has achieved. The people of Europe, it would seem, have enough to do at home, and need all their strength and resources to build up the places laid waste by war, and to feed and clothe the destitute and hungry masses of their own countrymen.

Small wonder is it then that propagandism has become hateful! We believe a people or a nation should exert influence chiefly through example. To know how to mind one's business and make a success of it is a virtue. Other people, seeing a good thing, are likely to imitate and adapt it, respectfully, to their own advantage. This is what

Japan, for instance, seems to be practicing today. Wherever she finds a thing of worth, she proceeds to avail herself of the discovery and to make use of it in her own governmental affairs. This way lies progress and reform. Experience and example are safe guides to instruction.

## "PARLOR SOCIALISTS AND AFTER-TEA PHILOSOPHERS"

WE are tired of reading and listening to apologies for the evil doings of malcontents and anarchists, such as are now being imposed on a long-suffering public. "There is no such thing as mental or moral neutrality; there is no evasion of commitment to one or another sovereign moral ideal." "He that is not with me is against me." Certain facts and truths, like these, must be met face to face and a stand taken on the right hand or on the left. "Choose ye this day whom ye will serve." Can there be any greater sin than "giving aid and comfort to the enemy"? True patriotism and religion are nearly akin; they cannot be separated. Tested by the golden rule the statement holds good. "Righteousness exalteth a nation; but sin is a reproach to any people."

In a careful study of the whole matter, what is the conclusion that must be reached?

"It is that Socialism, under any of its names — Bolshevism, Syndicalism, Communism and I. W. W.ism — is the opposite of all those things that stand for and represent the highest ideals of life. It is the doctrine of strife and hatred among men. It is the wedge of dissolution for republican institutions of freedom. It is the doctrine of chaos, and opposed to that of the Fatherhood of God and the Brotherhood of man."

## HIGH PRICES AGAIN

POLITICAL economy, domestic economics, general suffrage, education, etc., are of equal concern to both men and women. Whatever affects home life should be of especial interest to women. The cost of food and clothing, the price of labor and rent affect the home as do few other things. It is up to woman to enlarge her views and deepen her interest in all matters that are perplexing life in these days of readjustment and restoration.

May not women be largely responsible for the high prices that are at present prevailing? Take shoes, for instance. The present exorbitant prices of shoes will drop when women demand a cheaper, more sensible and more comfortable style of shoe. It is safe to say more than one-half the price of fancy shoes today goes into the pockets of the profiteers. The higher the price the larger the profit. The same is true of high-priced, fanciful clothing. What most people are now looking for are garments neither of shoddy nor of soft fabrics and fancy weaves, but well-made garments of genuine, substantial quality and at non-fictitious prices. The fineness of the material is of minor importance. At least buyers want the privilege of choice.

## AN AMERICAN PLATFORM

FROM widely separated portions of this country are audible faint chirpings of many gentlemen of both parties, all in receptive mood in regard to the greatest, the gravest, the most responsible and most terrible job that any man can have on the earth today — the Presidency of the United States of America. We do not venture to choose that man, nor to choose a party for him, but we do venture to choose a platform for both — and to write it here. It is a platform upon which we believe the next President of the United States can be elected. If, thereafter, he prove big enough to live up to the platform he can write himself the third, perhaps the second greatest President this republic ever has had.

Our platform has four planks. These planks are America, Law, Order, Work. Taken together, these spell no more than common sense. Taken together, they

automatically will end hysteria. We think they also automatically will dispose of the question of which shall occupy the grave — Europeanism or Americanism. We are disposed, ourselves, to assign the rôle of the deceased to the former. It is time we buried anarchy in America and opened up a new country to actual law, actual order and actual work.

Pray observe, there is no labor plank in this platform. There is a better word. It means much that "labor" does not mean today. It is a short word, but one of the biggest and best in our language — Work! — *The Saturday Evening Post.*

## CHILDREN AND THE STATE

Children are the life blood of the State. They are better producers of energy than coal or wood; they are better than steam or electricity. So, surely, they are much more worth the best study and consideration of the most eminent scientists and engineers than the wings of moths or some improvements in a differential. — *Judge Ben. Lindsay.*

## The Abiding

Across the summer sea the stars
  Shall ply a flashing oar,
And down the hill trails day shall go,
  Returning never more.

The Spring shall wake to lyric song
  The hidden minstrel brooks;
The honey-bee shall woo the rose
  In secret forest nooks.

And you and I shall watch the stars
  Bright faring through the blue,
Hear brooks sing down the valley ways,
  And watch the wild bee woo.

We'll see the Autumn set his watch
  Upon the crimson peaks;
And learn at last that each shall lose
  The single goal he seeks.

We'll see the roses drift away,
  The voiceless birds depart,
And find that love alone remains
  Unchanging in the heart!

— *Arthur Wallace Peach.*

## EDITORIAL NOTES

Send for a sample copy of AMERICAN COOKERY and find in it the very culinary help you have been looking for.

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If you see an advertisement of this magazine anywhere, note the offer made there and give it a trial. It will not prove a venture. You will be glad of your discovery.

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A friend in Ontario, Canada, who has taken the magazine for fifteen years, writes for terms to continue her subscription in connection with two or more of her friends. This woman evidently knows a good thing and how to secure it.

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Once more a great storm has delayed the mailing of the magazine. However, we have not missed an issue. From now on we hope the conditions of publication and transportation will be more favorable.

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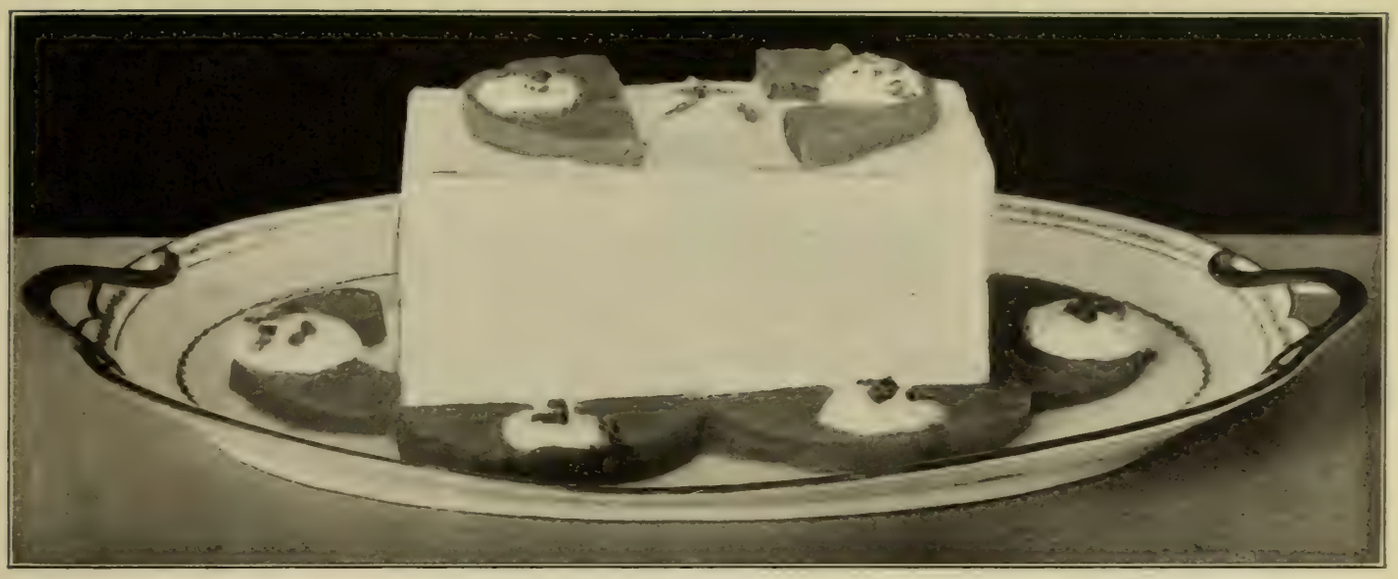
Do not become discouraged; we will pull together and arrive at our destination in due time. We propose to make this publication safe, sound and good in every particular.

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Take the easiest way to remit for subscriptions to AMERICAN COOKERY. Rarely is an item, properly addressed, lost in the mail. We must rely implicitly on the mail service rendered by the government.

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We think every number of AMERICAN COOKERY contains readable and useful matter for housewives and home-lovers. In the present number find and notice the items on "Kitchen Aprons I Have Known," "The Wizard of the Soup-pot," "A Vegetable Fracas," and "Victory Soup." Also "The Wood-stone Kitchen," called the most attractive kitchen the writer had ever seen. Good as well as original and always reliable topics may be looked for in every consecutive number of AMERICAN COOKERY.



PINEAPPLE PARFAIT (See Page 677)

# Seasonable-and-Tested Recipes

## By Janet M. Hill and Mary D. Chambers

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

### French Method of Cooking Tripe

ONLY the thin parts of tripe are suitable for use with this recipe. Cut one pound and one-half of these into strips about two inches wide and three long, and cut a similar strip of bacon for every piece of tripe. Lay the bacon on the tripe, cover with a teaspoonful of grated onion mixed with chopped parsley, and roll and tie, or secure with wooden toothpicks.

Prepare a sauce by adding to one pint of stock six fresh mushrooms, cut into pieces, one medium-sized carrot, one-half an onion, and one bay leaf. Put in a saucepan with the rolls of tripe, let come to a boil, then cover closely and allow *to simmer only* for two hours. Remove the rolls of tripe to the warming-oven, strain off the vegetables from the sauce, thicken with two tablespoonfuls of flour and two of butter, cook until smooth; add a tablespoonful, each, of vinegar and Worcestershire, one teaspoonful of salt and one-half teaspoonful of pepper, pour over tripe, and serve in a border of mashed potato.

### Soup for the Convalescent

Cut two pounds, each, of beef shank and neck, or shoulder of mutton in small pieces, cover with four quarts of cold water and let simmer, closely covered, until the meat is in shreds. Remove the large bones; add a large carrot, scraped and cut in slices, three large onions, sliced, half a cup of rice, half a cup of sliced celery, if at hand (if not add a soupspoonful of celery extract or celery salt, just before taking from the fire), four or five parsley branches and a tablespoonful or more of salt. For a change use half a pint of tomatoes or half a pint of dry beans, soaked overnight and parboiled. Cook nearly an hour after adding the vegetables; strain, pressing out all of the juice. When cold remove the fat, reheat, season as needed, and it is ready for use.

### Cream of Asparagus-and-Tomato Soup

Cook a small bunch of asparagus in boiling salted water. When tender press as much of the asparagus as possible

through a sieve; add the water in which it was cooked, half an onion in which two cloves have been pressed, two sprigs of parsley, a cup and a half of tomato purée (cooked tomatoes pressed through a sieve) and a pint of broth or water, and let simmer very gently twenty minutes. In the meantime, make a white sauce with one-third a cup, each, of butter and flour, half a teaspoonful of salt and three cups of milk. Remove the onion, cloves and parsley from the vegetable mixture and add the sauce; pass the whole through a fine sieve, reheat, adding seasoning if needed, and serve. The beaten yolks of two eggs, mixed with half or a whole cup of cream or beaten into three tablespoonfuls of creamed butter, give a richer soup. Do not let the soup boil after the yolks are added.

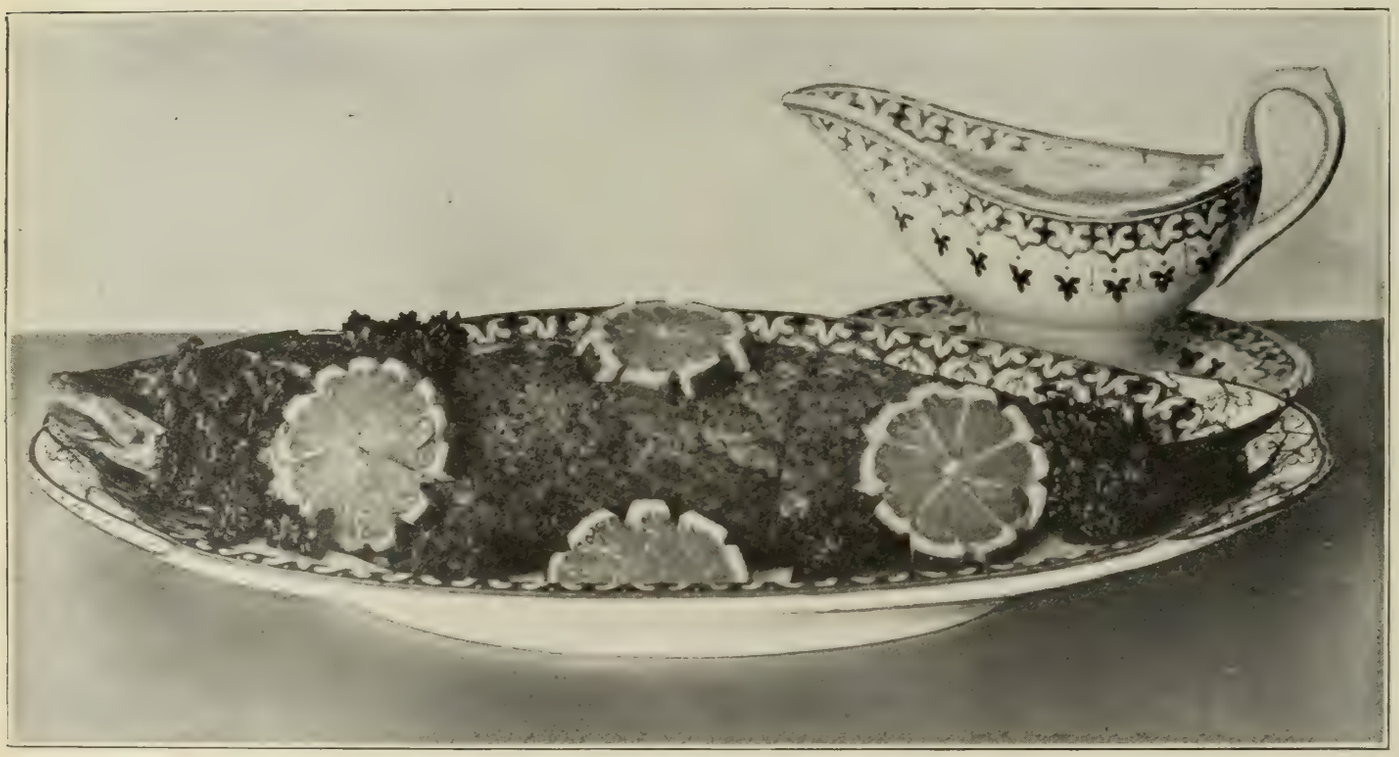
flaked fish. Bind with one beaten egg. The mixture should be quite firm and stiff, and should now be shaped with the hands into the form of a fish, on a sheet of greased paper in the bottom of a dripping-pan. Insert the head and tail of the haddock, dot all over with little bits of butter, and bake in a quick oven twenty or thirty minutes, or until nicely browned.

Serve with a white sauce, into which one chopped hard-boiled egg and one tablespoonful of minced pickle have been added for every cup of sauce.

## Mackerel Baked in Vinegar

Cut the mackerel, first cleaned and washed, into two-inch pieces, and put into a marmite jar with one tablespoonful of peppercorns and one teaspoonful of salt. Add one tablespoonful of chopped onion, and pour over the whole one-half a cup of cider vinegar. Cover jar, and bake in a very slow oven for four to six hours.

This may be used cold for a salad, or to eat with hot baked potatoes, and it will keep for several days in the refrigerator.



HADDOCK FARCI

## Haddock Farci

Remove head, tail, and skin from a fresh-cooked haddock, weight about three pounds, free the meat from the bones, and flake it. Put four to six potatoes through the ricer, season with one tablespoonful of salt and one teaspoonful of pepper; add one-fourth a cup of softened butter, and mix this with the



LEG OF LAMB, ROASTED

## Leg of Lamb, Roasted

Put a leg of lamb on a rack in a roasting pan; set into a hot oven for fifteen minutes, then reduce heat; dredge with salt, pepper and flour and baste with bacon or salt pork drippings and hot water. Let cook about an hour and a half, longer if liked well done. Surround, on a serving dish, with white potatoes, spinach and candied sweet potatoes.

## Goblet Pie (English)

The name is a corruption of "gobbled," meaning a dish so good that it is quickly "gobbled" or eaten up.

For each pie, to serve one person, mix one-quarter a cup of chopped meat of any kind, one-quarter a cup of suet, two tablespoonfuls of currants, washed and dried, and two tablespoonfuls of sugar. Add to this mixture one large apple, pared, cored, and cut up as for pie, also two or three plums, peaches, or any other stone fruit in season. Prunes may be substituted in case of necessity. Sprinkle the whole with one teaspoonful of salt mixed with one-fourth a teaspoonful of pepper; put into individual baking dishes, cover with a pastry crust well pressed down and moistened at the edges, and with a hole in the center to allow the steam to escape, and bake in a moderate oven for half an hour, or longer if the meat be uncooked.

## Candied Sweet Potatoes

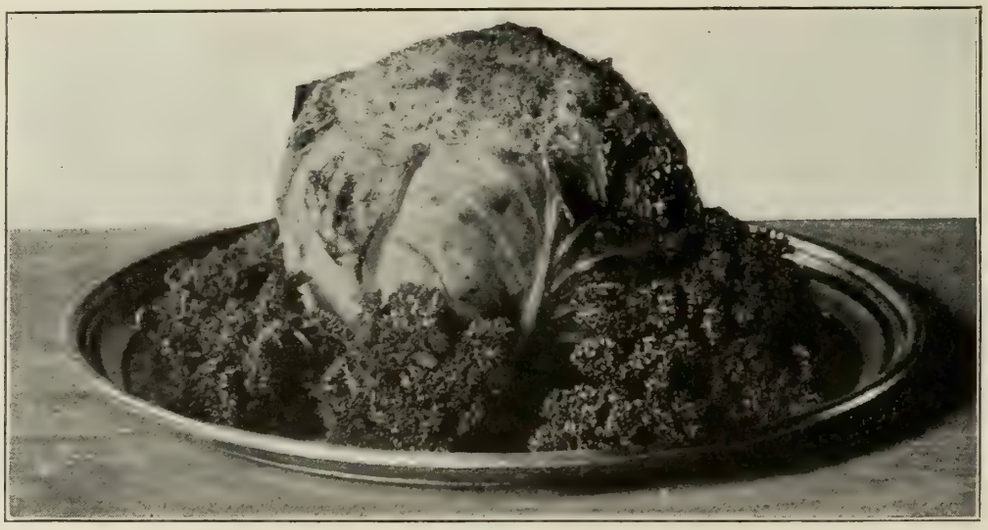
Pare and parboil half a dozen sweet potatoes, cut in halves, lengthwise. After ten minutes' boiling, drain and lay in a baking dish. Spread thick with butter, sprinkle with sugar, and, if desired, a little powdered cinnamon; add a few spoonfuls of hot water and bake until tender, basting often with the sauce in the pan. Use brown or maple sugar.



INDIVIDUAL SERVICE OF ROAST LAMB

## Cabbage, Stuffed Au Gratin

Select a compact head of cabbage; remove the coarse outer leaves. Cut out the stalk and cabbage around it to form a symmetrical case. Put the cabbage into a saucepan of boiling water; let cook ten minutes, then rinse in cold water and press out all the water possible. Have ready three cups of soft bread crumbs (sifted or pressed through a colander); add one-fourth a cup of melted butter, a cup of chopped nuts or of cooked ham, veal, fresh pork or sausage, chopped fine; add also if desired one or two tablespoonfuls, each, of chopped onion, green or red pepper and parsley. Two or three yolks of eggs may be added if desired, the mixture will be firmer and more consistent with them. Mix all together thoroughly and use to fill the cabbage shell. Cover the filling with one of the outer cabbage leaves previously removed. Put bits of bacon in a deep pan or casserole, set the cabbage on them, surround with two or three cups of water or light stock, put a strip of bacon above, cover and let cook an hour and a half, basting three or four times. Take off the cabbage leaf, cover the filling with half a cup of cracker crumbs, mixed with three tablespoonfuls of melted butter, and let brown in the oven. Meanwhile thicken the broth with flour made smooth in water, or add the broth to a bowl of brown sauce left from roast meat. Serve very hot with the cabbage. The cracker crumbs may be omitted and the sauce poured over the cabbage set on a serving dish. In the illustration, the stalk of the cabbage was not removed, the case being made by taking out the best part of the cabbage. This is a mistake, the stalk being unedible.



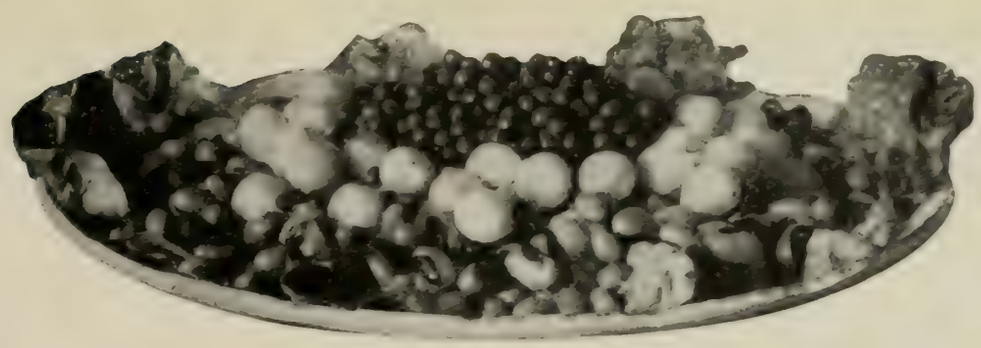
CABBAGE STUFFED AU GRATIN

## Traveler's Omelets

Beat two eggs very light, and season with one-fourth a teaspoonful of salt and a dash of pepper. Cook in thin layers in a small omelet pan not more than four or five inches at the bottom, and turn over as you would griddle cakes to cook on both sides. They should be just firm, but hardly browned. Place on platter when cooked, and when cool spread over each omelet with anchovy paste; then roll like jelly rolls, wrap in waxed paper, and put in the traveler's lunch-box. The above quantity should make three or four small omelet rolls.

## Casserole of Lobster

Shred with two silver forks the meat of a three-pound lobster, and place in casserole where one-half a cup of butter has been just melted. Dot the lobster meat with one-fourth a cup of made mustard, one-half a cup of tomato catsup, three teaspoonfuls of salt, and one-fourth a teaspoonful of cayenne. Cover, and cook twenty minutes in a hot oven. Before serving pour over it the juice of



COOKED VEGETABLE SALAD

two lemons, and place a half-ounce butter ball on each serving. This should serve four to six persons.

(This recipe is said to have been invented by the novelist, Thackeray.)

## Cooked Vegetable Salad

Dress cooked kidney beans, peas and balls cut from potatoes, each separately, with French dressing, to which a few drops of onion juice have been added. Dispose upon a serving-dish and let stand in a cool place an hour or more. Garnish at serving with heart-leaves of lettuce.

## Pineapple Parfait

Chop fine enough slices from a can of pineapple to fill a cup; with a wooden pestle press this through a gravy strainer (not a sieve); if the pineapple be tender and fine chopped, the whole of it will pass through the sieve; add one-fourth a cup of the pineapple syrup, the juice of half a lemon and three-fourths a cup of sugar and stir until the sugar is dissolved; beat one cup and one-third of cream until quite firm throughout; over this pour the pineapple mixture and fold the two together thoroughly. Pour into a quart mold; pack in equal measures of rock salt and crushed ice; let stand about three hours. Turn the mold upside down and repack in ice and salt, after about one hour and a half. When unmolded, garnish with half-slices of pineapple, whipped cream, and either chopped pistachio nuts or crushed candied rose petals.

## Strawberry Shortcake

- 2½ cups flour
- ½ cup cornstarch
- 6 teaspoonfuls baking powder
- 1 teaspoonful salt
- ½ cup shortening (scant)
- 1½ cups milk (about)
- 2 baskets strawberries
- 2 cups sugar

Work the shortening into the dry ingredients, and mix to a *soft* dough with the milk. Spread the dough in two buttered layer-cake pans. Bake in a quick oven. Spread with butter. Put the layers together with sugared berries and whipped cream between and above.



STRAWBERRY SHORTCAKE

## Pineapple Puff

If fresh pineapple is used for this recipe, it should first be shredded and cooked until it comes to a boil. It may be used while warm. Canned pineapple should be shredded, but need not be cooked.

Beat until very stiff the whites of four eggs, with three teaspoonfuls of lemon juice and one-fourth a cup of fine granulated sugar. The sugar may be omitted for sweetened canned pineapple. Fold into the stiff whites one cup of the shredded pineapple, pour into a greased pan, and cook in oven until well puffed up. Serve immediately, with whipped cream, sweetened and flavored with three tablespoonfuls of any fruit syrup and two tablespoonfuls of powdered sugar, to a pint of cream.

## Orange Biscuits

These may be made very small and served with tea or coffee at an afternoon party.

2 cups flour
4 teaspoonfuls baking powder
3 tablespoonfuls lard
1 teaspoonful salt
¾ to 1 cup milk for soft dough

## Orange Filling

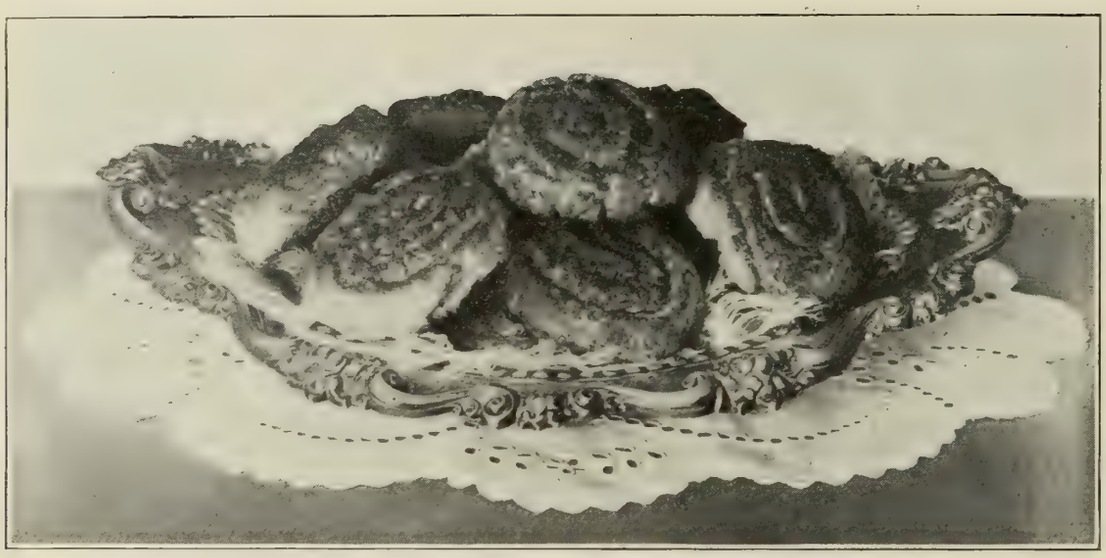
2 tablespoonfuls butter
4 tablespoonfuls sugar
1 tablespoonful orange juice and grated rind of 1 orange

Cook over moderate heat until thickened a little, then cool.

Make baking powder biscuit dough as above, roll out thin. Spread with *orange filling*, and roll up like a jelly roll. Cut off ½-inch slices. Sprinkle with a little sugar and bake in hot oven. Do not have them touch in pan.

## A Frugal Pudding

Beat three eggs; add two cups of milk and one-half a cup of sugar, and mix thoroughly with this two cups of mashed potatoes, either warm or cold. Pour into a greased pudding dish, and bake half an hour in a rather hot oven. Serve directly from the oven, with a fruit sauce made by sifting any canned or preserved fruit through a colander, and cooking with a thickening of flour and butter — a tablespoonful of each to a cup of sifted fruit.



ORANGE BISCUITS, WITH ORANGE FILLING

## Warsaw Custard

Mix with one cup of dried and grated sponge cake one cup of rich cream and two well-beaten eggs, and one-half a cup of sugar. Flavor with lemon extract. Pour mixture into dish in which it is to be served, a heat-proof glass dish is excellent, and cook over gentle heat, stirring until thick like soft custard. Remove from fire and let cool. Dust the top with fine granulated sugar to the depth of one-eighth of an inch, and set under gas flame in lower part of the range until sugar melts and becomes slightly

brown, to form a glossy crust. The sugar can be browned by the use of a salamander if preferred.

## Orange Cream Cake

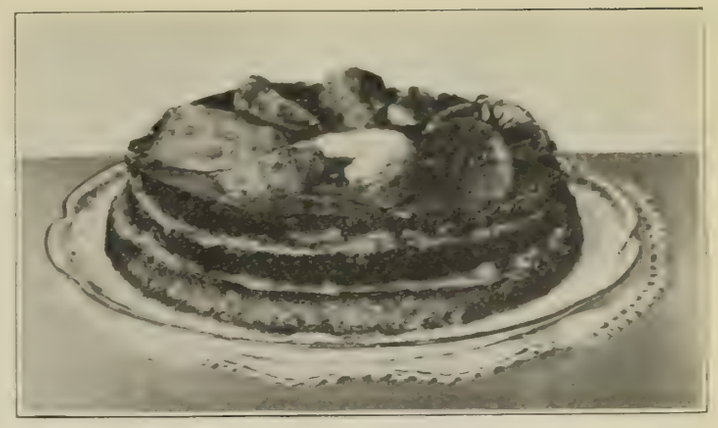
Cream one-third a cup of butter; add gradually, half a cup of sugar, then the well-beaten yolks of two eggs, mixed with a second half-cup of sugar, and, alternately, half a cup of milk and one cup and three-fourths of flour, sifted with two and one-half level teaspoonfuls of baking powder. Lastly, add the whites of two eggs, beaten dry. Bake in three layer-cake tins of small size, and put the layers together with an orange cream filling. Spread the top very lightly with the filling. Into this press orange sections, sprinkling the whole with powdered sugar.

## Orange Cream Filling

Scald one cup of orange juice with the juice of half a lemon and one-third a cup of sugar. Into this stir two and one-half tablespoonfuls of cornstarch, mixed with a second third-cup of sugar. Stir and cook until the mixture thickens, then cook over hot water about ten minutes. Add a tablespoonful of butter, a few grains of salt and the yolks of two eggs, beaten very light. Then add, lastly, the whites of two eggs, beaten dry. Use when partly cooled.

## Sea-Moss Farine Blanc Mange With Strawberry Preserves

Into the top of a double boiler, above boiling water, pour one quart of milk and



ORANGE CREAM CAKE

one-half a cup of sugar; shake into the milk, very slowly, a dessertspoonful of sea-moss farine; stir it in well to prevent lumping while it is slowly heating. Let cook for twenty minutes, stirring at frequent intervals. Flavor with one-half a teaspoonful of strawberry extract and pour into a mold. Serve cold with strawberry preserves.

## Sally Lunn

1 quart flour
4 eggs
2 cups sweet milk
2 large tablespoonfuls butter
2 scant tablespoonfuls lard
1 tablespoonful sugar
½ cake yeast

Beat the eggs till very light, then put all together, flour last. Melt the lard and butter.

After beating mixture thoroughly put it in buttered pans to rise overnight; bake in the morning in the same pans.

## Sour Cream Pie

1 cup sour cream
½ cup chopped raisins
½ cup granulated sugar
2 eggs — yolks
Pinch of spice
Pinch of salt
½ teaspoonful vanilla

Beat all together, cook in raw crust.



SEA-MOSS FARINE BLANC MANGE

## Meringue

Whites of 2 eggs — 1 tablespoonful sugar

## Froth Pudding

Scald one pint of sweet milk; add to it two squares of chocolate finely grated. Stir until dissolved, then add three tablespoonfuls of sugar, a little salt and two tablespoonfuls of cornstarch dissolved in a little cold milk.

Cook until it thickens; remove and partly cool, then beat in the whites of two eggs (beaten stiff) and flavor.

When cold serve with whipped cream around the mold.

## Cherry Pudding

Add to one cup of cream one-fourth a cup of butter, and cook over hot water until butter is just dissolved. Let cool, and add the yolks of four eggs, beaten very thick, one cup of sugar, two cups of stoned cherries, and the grated yellow rind of one-half a lemon. Cut one-half a stale loaf into slices, dip in hot milk, and stir thoroughly into the other ingredients, until the whole is well mixed. Lastly, beat in the beaten whites of the four eggs, and bake in greased pudding dish in moderate oven until firm. It may take about an hour. Serve with hard sauce flavored with lemon juice.

## Spring Cake

⅔ cup butter
1⅓ cups sugar
Grated rind ½ lemon
4 egg-whites, beaten very dry
2⅔ cups flour
4 teaspoonfuls baking powder
⅔ cup milk

Beat the butter to a cream; gradually beat in the sugar and add the grated rind; then add, alternately, the milk and the flour sifted with the baking powder; add the egg-whites and beat vigorously. Bake in a tube pan about fifty minutes. Cover with boiled frosting and, at once, decorate with halves of cherries, angelica stems and candied violets.

## Boiled Frosting

1 cup sugar
½ cup boiling water
1 egg-white
½ teaspoonful lemon juice

Prepare in the usual manner, boiling the syrup to 238° F. by the sugar thermometer, or to a firm soft-ball stage. Pour the syrup through a sieve on the beaten white of egg. Add the syrup very slowly that the frosting may be made very thick by long beating. Beat in the lemon juice very slowly, at the last.



SPRING CAKE, BOILED FROSTING

# Well-Balanced Menus for Week in April

## SUNDAY

**Breakfast**
Quaker Oats, Top Milk
Stewed Prunes
Shirred Eggs, Hashed Brown Potatoes
Crusty Rolls Coffee

**Luncheon**
Creamed Oysters
Orange-and-Date Salad
Cheese Crackers Tea

**Dinner**
Cream-of-Corn (Canned) Soup, Germaine
Leg of Lamb, Roasted, Mint Sauce
Candied Sweet Potatoes
Cabbage Stuffed au Gratin
Baked Bananas, Currant Jelly Sauce
Dandelion Salad
Caramel Ice Cream, Little Cakes Coffee

## WEDNESDAY

**Breakfast**
Sliced Oranges
Cream of Wheat, Thin Cream
Broiled Bacon, Baked Potatoes
Rice Griddle Cakes, Maple Syrup

**Luncheon**
Casserole of Lobster, Sally Lunn
Cucumber Salad
Cherry Pudding

**Dinner**
Emergency Soup
Cold Filet of Beef, Sliced Thin
Horseradish Sauce
Buttered Parsnips, Scalloped Potatoes
Dandelion Greens
Sour Cream Pie Tea or Coffee

## MONDAY

**Breakfast**
Orange Juice
Gluten Grits, Dates
Creamed Finnan Haddie
Grilled Sweet Potatoes
Bran Muffins Coffee or Cocoa

**Luncheon**
Canned-Corn Griddle Cakes
Lettuce Salad, Cream Cheese
Sea Moss Blanc Mange with
Strawberry Preserves Tea

**Dinner**
Rechauffée of Lamb, Macaroni and
Tomato Sauce
Spinach Buttered
Pineapple Parfait
Coffee Spring Cake

## THURSDAY

**Breakfast**
Ham Omelet, Fried Mush
Yeast Rolls, Stewed Rhubarb
Creamed Potatoes
Coffee

**Luncheon**
Beef, Potato-and-Green Pepper Hash
Dry Toast
Philadelphia Relish
Warsaw Custard
Tea

**Dinner**
Consommé Croutons
Boiled Chicken, Savory Rice
Parsnip Fritters
Cherry-and-Grape Fruit Salad
Plain Junket, Caramel Sauce
Coffee or Tea

## TUESDAY

**Breakfast**
Grapefruit
Wheatena, Top Milk
Tripe, Potatoes Cooked in Milk
Baking Powder Biscuit Coffee

**Luncheon**
Cream of Asparagus-and-Tomato Soup
Omelet
Boston Brown Bread
Frugal Pudding
Cocoa

**Dinner**
Filet of Beef, Bernaise Sauce
Potato Riced
Asparagus in Cream
Lettuce-and-Radish Salad
Strawberry Short Cake Tea

## FRIDAY

**Breakfast**
Boiled Rice, Cream
Stewed Evaporated Peaches
Boiled Eggs, Rye Muffins
Doughnuts Coffee

**Luncheon**
Haddock Farci, Drawn Butter Sauce
Pulled Bread
Cabbage Salad
Jello Waldorf Triangles
Tea

**Dinner**
Clear Tomato Soup
Mackerel Baked in Vinegar
Potatoes O'Brien
Boiled Bermuda Onions
Asparagus, French Dressing
Pineapple Puff Coffee or Tea

## SATURDAY

**Breakfast**
Broiled Bacon, Baked Potatoes
Fried Corn Meal Mush
Maple Syrup
Dry Toast
Coffee

**Luncheon**
Shad Roe and
Cucumber Salad
Toasted Rolls (yeast)
Pears on Hot Cake, Croutons
Tea

**Dinner**
Cream of Spinach Soup
Chicken Croquettes
Cauliflower
Asparagus Tips Buttered
Mashed Potatoes
Rhubarb Pie Coffee

# Menus for Special Occasions

## CLUB LUNCHEONS

### I

Bouillon in Cups
Lobster Scalloped in Shells
Philadelphia Relish in Lemon Skins
Incubator Chickens, Broiled
Asparagus on Toast
Endive, French Dressing
Strawberry Sherbet — Little Cakes
Coffee

### II

Radishes — Fruit Cocktail — Olives
Creamed Chicken in Patty Shells
Yeast Rolls
Cabbage-and-Nut Salad
Individual Charlotte Russe
Coffee

## RECEPTION (Buffet)

Gallantine of Chicken, Truffled Tongue in Aspic
Potatoes à la Maître d'Hôtel (Chafing Dish)
Radishes — Olives — Salted Nuts
Bread-and-Butter Sandwiches
Apricot Sherbet — Macaroon Ice Cream
Little Cakes — Coffee

## BRIDGE WHIST LUNCHEON

(Served at Card Tables)
Salpicon of Fruit in Cups
Fried Scallops — Sauce Tartare
Lady Finger Rolls
Grape Juice Whips — Sponge Drops
Coffee
Bonbons — Salted Nuts

## DINNER (Guests)

Onion Soup, Gratinated Crusts
Halibut Timbales
Hollandaise Sauce
Cucumbers
Creamed Sweetbreads in Ramequins
Crown of Lamb, Mint Sauce
New Potatoes, Cream Sauce
Raspberry Sherbet
Broiled Squabs
Romaine Salad
Biscuit Tortoni
Mints — Black Coffee



# The Wizard of the Soup-Pot

By F. M. Christianson

IN so high esteem is a cup of soup held that it is said to be to a dinner what an overture is to an opera.

All food must pass through the mouth, which we are told husbands some forty different kinds of germs and which it is impossible to make sterile.

These bacteria getting into the intestines continue to decompose and form poisons and these poisons are responsible for much illness, and the death of many children in summer.

But there is a remedy from these, for if the gastric juice flows freely, one of its constituents is hydrochloric acid and this is a great germicide and will negative the work of the bacteria.

Various emotions of the body control the flow of gastric juice and so when this liquid is deficient, typhoid and other germs get in their work.

Soup serves several purposes. It increases the flow of the stomach juices, acts as an appetizer, and contains all the vegetable and fruit salts that in themselves are so healthful; thus there are many reasons why soup should be a daily prelude to dinner. Mental workers who are tired and worried when they get to the table are relieved of fatigue and get an appetite from the fine flavor and delicate aroma of a well-made soup.

The most nourishing soups are made of fresh meat. The meat should be put on to cook in cold water, covered well and kept at a low temperature and never allowed to boil for, at least, the first hour, after which gentle boiling may be had. The reason it must not boil hard is this: the first boiling hardens the tissues of meat and shuts in the juices, which we want to draw out. A knuckle-joint or shin-bone, with considerable meat attached, we prefer for soup-making. Crack the bones and cut up the meat so as to allow marrow and juices to escape. Put the meat over the fire just after breakfast and allow 4 or 5 hours for making the soup.

"Soup-stock" that we hear about is the liquid that meat, bones and vegetables have been cooked in and that contains the extract of those things. This "stock" is the basis of soups, sauces and gravies and contains in marked degree fats, meat extractives, gelatine of meat and bone and flavoring matter.

Soups need not be considered a luxury to be served only on the tables of the well-to-do. Soup should be eaten at the beginning of every dinner. It warms and excites the stomach and prepares it for the digestion of the heavier part of the meal. Soup should be thin and only a plate eaten at a time. Too much soup dilutes the juices of the stomach.

There is much said about straining soups, and straining can easily remove one-half of the nourishing properties. Personally, I prefer the soup without straining and so we only resort to this method occasionally.

Consommé is a clear soup made of beef, veal or fowl and cooked with vegetables and the whole strained before serving.

It is always well to use soups in season. In winter, soups in which meat enters

largely. In summer, those without meat.

For example, the water in which vegetables have been cooked can be thickened in the way I shall mention later and make good, tasty additions to dinner or lunch. Examples are potato, tomato, and asparagus soups. These are easily fashioned in the season of these vegetables. A little sorrel added just before serving increases the value, flavor and appearance of these soups.

### Flavors

In making soups be careful not to use too many vegetables and so destroy the flavor of the soup.

There are certain old stand-bys that are always to be used, such as potatoes, celery, onions, carrots, cabbage, bay-leaves, etc. The vegetables must be boiled slowly in the meat stock and need to be put in at different times, depending on the time required to cook each, so that all will be done at the same time. Vegetables contain an essential highly volatile oil that gives the flavor and this aroma is easily driven off by too long cooking, and that would spoil a soup that should be delicious and of fine flavor, which is in itself an appetizer.

We often use forcemeat balls, noodles and dumplings as garnishes in our soups and these are nutritious and palatable.

### To Thicken Soup

Use egg-yolk and cream beaten up in a dish and then pour some of the hot soup over it, stirring the while. Remove from the fire and serve at once. Or cornstarch and milk may be used in the same way to give consistency, or bread-crumbs, etc.

Soup should always be served piping hot in hot plates. This little matter is one of greatest import and should never be neglected on any pretext. Rather than fail in these points I would forego having soup, so important are they.

There is magic in the soup-pot. If you are a stranger to it, learn now to use it. It is economical and uses so many little odds and ends that would only be thrown out, ordinarily. And it adds something of value to every meal where used. A spoonful of peas, a helping of potatoes, a tomato, a stalk of celery, an onion, a spoonful of gravy can all be worked up into a delicious soup, when added to "stock."

A dozen plump raisins or two or three fat prunes, added to the soup about an hour before it is finished, is a wrinkle I learned from a chef; it needs to be tried to be convinced how good it is. After that you'll always add them.

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# The Telephone Voice

A BLIND man hears more than the seeing—but we forget that when we go to the telephone. The blind man hears the *absence* of sweetness and truth in a voice; and so with the person at the other end of the wire. Our words are what we are conscious of, and the effect we intend them to convey. But when we forget to smile and to feel kind and sincere, then *we have left undone those things that we ought to have done*, and something else than the message was conveyed, an impression that was not in our scheme at all. Our real self is laid plain to our interlocutor, plainer than if face to face. For presence is a wonderful check.

Were you ever present at a play where the players were heard, but not seen? To play a part like that demands the utmost sincerity, for the player can never for an instant let go of the consciousness that the listener on the other side of the curtain hears all that the voice thinks it

carries, and more. Any little lapse, the slightest shade of carelessness, is more observable to the ear when the attention is undivided with the eye. And he dare not laugh — unless he is sure of himself. Laughter more than anything in the world is a dead give-away.

An old acquaintance who makes it a rule frequently to call us up has such a black voice you think of her as sitting in darkness while she talks. She is one of those who visit over the phone, and punctuates politely her long conversation with laughter — laughter so dark and lacking in mirth you have the feeling, Oh, I wish she didn't! And you would know that she is not happy, even if she did not tell you of her repeated grievances and jars. Old friends know each other's faults and are loyal in spite of them, but it is a great drain on loyalty to talk too long. It really is sad for one friend to have to come to dread another, and to hear with apprehension the telephone's ring. And it were just as well not to recount disagreeable happenings.

Another old friend we have, an elderly lady, also visits periodically over the telephone. It becomes a sort of duty with her to relate the family news — (But first, don't let me fail to give her credit, *she asks about us!*) — to give the news of her kin and connection and neighbors, and, maybe, to go back into the past for a little reminiscence. She talks a long time, but it is different; and we come away from the phone feeling pleasant and with a glow of loving neighborliness warming our hearts. Not for anything she has said specially, but for just that psychological something that brought through her voice her true, sincere self.

It is held that while the eye you may control from giving you away, the voice you cannot. When, then, the voice must unaided handle a situation, it were as well to be on guard. Or, better still, have the heart emptied of everything but kindness. Like dear old Mrs. K——. When you call her phone she answers smiling, "All right!" and you have the feeling at your end that wherever she is things must be all right.

Her neighbor Mrs. B — we are sure has a heart of kindness, for she is a fine, lovely woman, but call her and she will answer, "Well?" — in a tone that says, Well, what do you want? whoever you may be. A nervous temperament, perhaps, excuses her. Anyway — although for the moment you wish you had not called — it is not so bad as having the door slammed in your face. That's what it amounts to, when one with whom you are speaking abruptly hangs up the receiver.

Did you ever have that happen to you? I did once. One of my friends, a chronic semi-invalid, one summer indulged herself in little tempers. One of them she handed me over the wire. It was all done in a flash, followed the next moment by the click of the receiver on the hook, and I could not understand. That evening she went away to a rest cure in the mountains, and sent me from her retreat a sort of apology, laying her conduct to "nerves." To tell the truth, the experience had been so new to me that I had not even recognized what had been done. I had caught, of course, that she had given way to a little irascibility, but as for the rest, thought something must suddenly have occurred, and put the matter from my mind. So I wrote her in reply. We are still friends — but I wish she hadn't done that.

It is interesting to note the difference among your telephone correspondents — some are so much more pleasant than others. When I take up the receiver and a sweet, childish treble pipes — "*Who* is that? *This* is Betty!" — I am in the instant all one big smile. And when Betty's laughter floats over, there isn't anything but pleasantness anywhere. She hasn't learned to be anything but just *Betty*, the dearest, sincerest little personality conceivable.

Sincerity is so much the easiest, — it just carries you along naturally, and you don't have concern. A woman on our

street, who is rather ambitious, finds that she must climb by ways devious and uncertain, and which carry her sometimes to places she had not set out for. One day she got into something she had cause to be a little ashamed of, and attempting to explain out of it to me she told one falsehood right after another. She was not clever enough to carry it off — her voice was not sincere and she forgot to smile. While in legitimate drama, so to speak, her smile never comes off, behind the curtain she forgets that the absence of the smile is entirely plain. I listened to her tangle herself up, and then *I* smiled as I turned away from the phone. But it was a smile with no gladness in it. Two of her acquaintances were speaking of her when one remarked, "Mrs. L — is a delightful woman." "Were you ever on the same telephone line with her?" asked the second — "no? *Well, then!*"

It is funny how women will forget. The "pretty" voice that listens to itself while it gets through the matter in hand with you, off guard, is harsh and unlovely enough berating the dairyman, or just poor "central." Listening to her own affectations a woman gives herself away as nobody in the world could make her, and impresses upon you her insincerity.

In a house that we know live two women who use the same telephone. You call the number and a dull, dark voice answers in a colorless and disinterested tone — "North 6090-M." You never get used to that tone, however often you call, it sounds so discouraging. But you cannot reach the other without first getting past this. When the other voice in turn rings out sweet and vibrant, "Hello!" with a bright, rising inflection, how different is the feeling of the caller! It is as if the second would make up in brightness for the darkness of the first, for she has been known to say, "I want our phone to sound cheerful and pleasant — it is polite to people who call us!"

Which is simple courtesy, of course, and comes of a disposition to be kind. Though it is not necessarily true, to be sure, that courtesy over the telephone is proof of the "pure in heart"; it is always possible the person behind the voice may have been only on guard; but the opposite *is* true: Sweetness and kindness in the heart will not find expression in unbecoming words or even tones, "for out of the heart the mouth speaketh."

F. L. T.

## The Return

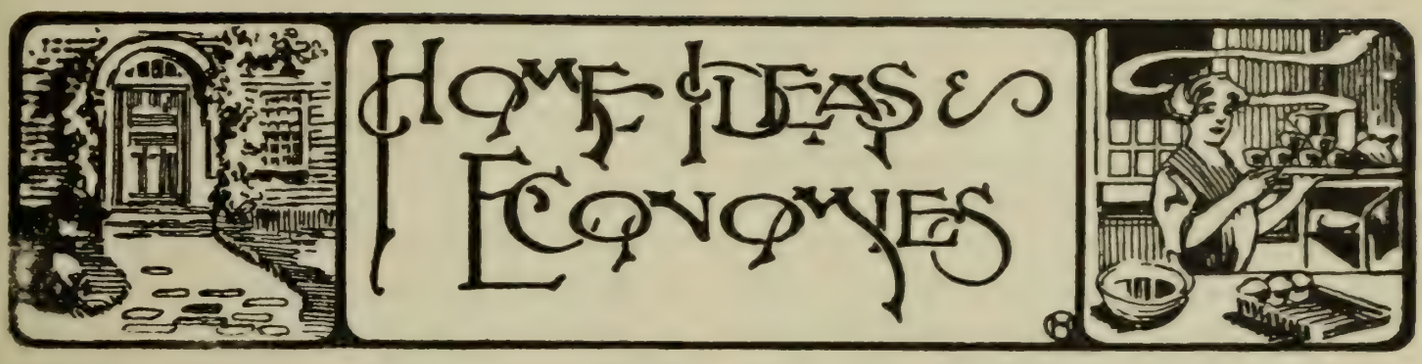
And so at last I trod the ways
  I once had found so fair,
To find the rose of memory
  Had drooped and faded there.

Noon on the strange-familiar ways;
  Dust, and the common things;
Until at last the day spread out
  For flight its lovely wings,

And let their golden shadows fall
  Across the fields I knew;
And then the sudden splendor came
  As it was wont to do.

Like the old smile across a face
  Whose early charm is spent,
That light of unforgotten days
  Trembled — and came — and went!

— *By Karle Wilson Baker.*




**Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.**

## A Vegetable Fracas

THEY were just a medley of vegetables the grocer's boy had brought into the house in a basket, jostled together, and left there for the cook to sort out and put away. But it was the cook's afternoon off and she would not be home until time to get dinner. The grocer's boy plumped the basket down on the table at exactly 2.10 o'clock, so you can count up for yourselves how long those vegetables had to lie there, all mixed up together, "the sheep with the goats," as the good-natured potatoes, who, by the way, were on the very bottom of the heap, remarked loud enough to be heard.

The asparagus tips, crowded in between a huge yellow turnip and a head of red cabbage — both of whom were nodding in sleep and leaning heavily against the slender, maidenlike asparagus — gave a gentle little sigh.

"The sheep with the goats," they reflected pensively. Yes, indeed, it was all of that! And what kind of a mistress was this to whom they all had come? To leave them there packed in together for hours just as the grocer had delivered them, not to trouble to put them away or even to look them over. "Besides," they concluded, "any one who could order us and that crude red cabbage and the very inelegant yellow turnip at the same time, must be a strange order of being!" The dainty asparagus tips sniffed.

Four o'clock sounded from the octagonal kitchen clock.

"Hello!" said the carrots briskly. They had been asleep too, but the moment they awoke they became talkative and bustling. "Four o'clock, already! By the way, it's *most* time for *somebody* to be planning dinner! Wonder *which* of us will be chosen to do the honors? Hope we are!"

They had a way of saying certain words in a big voice that was most funny. The lettuce rustled its skirts and choked a giggle.

The asparagus tips had no doubt as to who would be chosen. They had heard the maid tell the grocer's boy there was to be a guest for dinner — an Honorable Somebody or Other. Of course, for a guest the mistress would choose the most select of all the vegetables. The asparagus tips were not vain, but they wished the cook would hurry home so as to prepare them for the table in the best and daintiest manner possible.

Here the red cabbage, who had fallen against the asparagus, awoke with a start. "I say!" it shouted in the very loudest of voices. "Why don't somebody put us in a cool place? I'm hot and it's not good for me!"

The asparagus would have laughed at the idea of anything *spoiling red cabbage*, but they were so busy being indignant at being jostled against by their plebian neighbors that they wouldn't have laughed for anything.

"If you're hot, what do you think we feel?" they suggested in withering tones.

Just at this point the yellow turnip

woke up, too, and what do you think the rude thing said? Said he, and addressed his remarks to the asparagus: "You? Why, you're as cold and slippery as eels — almost. You never felt real warm in your life, did you?"

The potatoes came to the rescue. "Here, here," they interposed, while the asparagus edged as far away from her insulting neighbor as possible. "Pick on something your own size, why don't you?"

"What's it all about?" clamored the carrots, who had been dozing off again. "All I know is it's almost dinnertime!" said the red cabbage.

Just at this moment the cook hurried in. She stooped over the basket of vegetables and wondered, "which av thim" to have for dinner.

The mistress of the house solved the question. She came to the door and said to the cook: "Bridget, make a lettuce salad, please. And cook potatoes with the roast. Then fix the red cabbage. You cook it deliciously; it's a real dainty. And we'll have the turnip boiled and cream the carrots with some peas!"

"An' th' 'sparagras, mum?" asked Bridget.

"Oh, leave that. Betty and I will eat it tomorrow for luncheon!"

* * *

## Victory Soup

I DON'T need any French daughter-in-law imported across the blue to teach me how to make soup out of nothing.

Long before the dietitians (and diet kitchens) began to preach the salvage of vegetable waters, I began to practice it; and it's many a year since a spoonful of food has been wasted in my home, — when I knew it.

That was by proxy, though, in the days of old when folk even below the nobility could still see a cook; before these chefs de luxe began to charge — and get — their weight in gold, for a salary. "Kitchen queens," indeed; well said.

So lots of the precious fluid still got away. But now that *I* am wearing the tiara *every drop* is saved. Gingerly, at first were turnip and cabbage water added, but these even can be offset with a liberal dose of tomato can; so practically all has been utilized.

Even squash has proved a delicious addition. "Nothing venture, nothing new," has been my motto; and it has been a revelation to taste these new and uncharted recipes.

So substantial and filling, too, have proved these nourishing mixtures that a big bowl of my vegetarian pottage, and some dessert, are all we want for lunch. My man doesn't complain of the regularity, for there isn't any, — never twice alike.

> "Every day is a fresh beginning,
> Every morn is the soup made new."

Abe Martin, the inimitable squibster, says, "It must be nice t' run a boarding-house an' not have t' worry 'bout somethin' differ'nt fer dinner ever' day." So I have "arrived," though sans the boarders.

Every scrap (and scraping) of suitable material, every little dab of a left-over, joins the festive bubble. *Ad libitum*, tells the tale and *ad infinitum*, is the truth about it. Such fun, too, as I have every morning when I go "In Search of a Soup," and then making the gudeman guess at lunch "what's intil 't."

In those palmy days of near-royalty referred to, when I kept a maid, I was always told that celery tops, for instance, could not be used, as they were bitter. So my first official act was to try that out. Result, first-class addition to soup-pot. Boil them tender and chop fine.

"Bile chucky stanes in butter and the brae'll be gude," the Scotch husband often quotes. So if my supplies run low and my piéce de résistance registers pretty thin, I add a tonic from something that hasn't been left over, — a lump of butter or some kitchen bouquet.

Now that I am my own mistress I have

verified my theory that there's no left-over from a Christian table that won't acceptably go into soup, salad or dessert.

E. L. R.

* * *

## Cooking and Baking with Gas

THE other day I went to see a friend, who had been newly married, and while there watched the pathetic efforts of his wife to turn out some food.

For instance, one day the dear little soul tried to bake bread, but found that it all burned on the lower shelf (that is, the forms became too hot and the bread naturally became too black).

I asked the little wife why she did not put the broiler-pan underneath her baking-trays, and in this manner reflect the heat and distribute it evenly, but she said: "Aw, you can't do nothing with these gas-ovens!"

Thereupon, I offered to do her baking for her, if she would permit me, and set out to make my potato sponge by taking one-third of the weight of potatoes (one-third as much potatoes as flour in weight), one teaspoonful of salt per pound of the total weight of the materials, one tablespoonful of sugar per pound of the total weight of materials used, one teaspoonful of liquid lard per pound of material, two cups of half-lukewarm milk and water, one cake of yeast, dissolved in this mixture, and sifted my flour over it.

I had four and a half pounds of flour.

The potatoes were cooked in the skins, drained, peeled and crushed through a sieve, then the procedure began. I mixed all the materials with a wire whisk very thoroughly, the amount of work being of equal importance with the quality of the materials for the quality of the resultant product.

I set my sponge in a warm place for three hours, then I sifted some more flour over it, mixed it until it began to fall apart, then turned it out on a floured bread-board, and with clean, floured hands began to knead the dough.

This procedure I continued until the dough was as soft as velvet (one must of course sprinkle the dough with flour from time to time, as it keeps on absorbing flour), then I set it again to rise in a warm place, and when it had assumed twice its bulk, I turned it out on the board again, gave it a quick kneading, filled my larded bread pans two-thirds full, and set them in a warm place to rise. After about an hour they were ready for the oven.

Then I brushed the tops with lard first and then with evaporated milk (diluted, evaporated milk also having been used in the dough) and put them in the oven.

But, I used the precaution of putting the thick sheet-iron broiling pan underneath the bread pans and set the pans on the grate, so that there was air-space between them and the broiling pan.

Then I watched my bread. In order to get a good, high loaf, I first kept the heat very low; this served to form the gas from the yeast and expanded the dough; when the pans were full of dough to the top, I raised the degree of heat and then the bread showed what it could do; it came up out of the pan in a most appetizing bulge and after an hour had acquired such a delightful color (dark golden brown on top and on all sides, the top-color being due to the brushing with milk and lard) and the crust proved so delightful and the taste so exquisite, that there was but one voice: "Perfect! absolutely perfect!"

In fact, all agreed it was the most delicious bread they had ever eaten.

The little wife was absolutely flabbergasted. She said, "How on earth did you do it?" I answered, "You saw, yourself! Always remember that it is brain first that makes the bread. A good cook must be able to turn out excellent bread on an open fire in the field; with a gas oven it is child's play. Never let your utensils get the better of you! Outwit them! Think and ponder how to vanquish them!"

K. H.

## The Fireless Cooker

MANY a housewife may solve the servant problem by the aid of a Fireless Cooker. Without a doubt it is the greatest labor saving device yet invented. Not only does it enable one to prepare a meal with but few steps, but have it ready, tempting and hot, without further effort after once putting it into the container.

Foods require no watching, stirring, turning or basting while in the process of cooking in a fireless.

Also, there is a saving of 50% of fuel consumption; very little evaporation takes place; flavor is cooked into the food; it does not shrink, nor dry food out, therefore nothing is wasted.

After trying every possible method of keeping a servant who would do housework, cooking and, occasionally, care for the baby without absolutely handing over my husband's monthly salary, I decided on a fireless cooker.

It has more than paid for itself in two months as I now need no servant, but prepare my dinner in the forenoon when doing other household duties. In this way I may spend my afternoons at leisure and also serve a hot and perfectly cooked dinner in the evening without further preparation.

The seamless aluminum compartments are best, as they absorb no odors or tastes and are easily cleaned. After once using the fireless the owner wonders how she ever did without it.

Not only baking, roasting, boiling, steaming and stewing are accomplished, but desserts are frozen without motion successfully. H. W.

* * *

## Mint

MINT has become one of our most popular flavors and can be used in numerous combinations of food and drink.

It is an easy matter to preserve it so that it will be fresh enough to use throughout the year even as a garnish, by arranging alternate layers of salt and sprigs of mint in a wide mouthed jar, kept in a cool place.

Every one knows how essential the mint flavor is to lamb.

Mint sauce and mint jelly may be preserved and kept for months by the following recipes.

### Mint Sauce

Pick over and wash enough mint leaves to fill a large pan; for every cup of leaves, allow 1 cup of vinegar, 1 cup of water, 1½ cups of sugar and a pinch of salt. Extract the juices by pounding the leaves to a pulp; then add the above and boil until the mixture becomes like thick syrup. Pour into jelly glasses and cover with paraffin.

### Mint Jelly

Dissolve ½ package of gelatine in ½ cup of cold water; add 1 cup of mint sauce, the juice of a lemon, ½ a teaspoonful of salt, and 1 pint of boiling water. To make a brighter green use a few drops of green vegetable coloring. Strain into jelly glasses and cover with paraffin.

A delicious drink can be made by using ½ pint of ginger ale and the juice of a lime; mix and sweeten to taste, using mint loaf sugar.

Serve with sprigs of fresh mint and cracked ice in tall glasses. E. L. G.

* * *

## A Good Way to Cook Fish

TAKE two pounds of well dressed fish, put in a stew kettle and cover with water. Add a half-cup of vinegar, two teaspoonfuls of salt, a dozen black peppers and two blades of mace. Boil until tender; take out and remove the bones, run the meat through a meat chopper, work in one cup of fine-ground crackers, a lump of butter the size of a walnut, one well beaten egg, and the juice of a lemon. Make out into cakes, dip in well beaten egg and then in fine-ground crackers and fry to a light brown.

J. M. S.

# can you eat hot biscuits?

You can if they are made with Crisco, the wholesome, digestible cooking fat.

Crisco is wholesome and digestible because it is strictly a vegetable product —a pure, creamy white cooking fat made by the special Crisco process of solidifying high-grade vegetable oil. It is rich, nutritious, tasteless, odorless. It does not turn rancid. It is as easy to digest as fresh garden vegetables. There is nothing else like it.

Use Crisco for all your cooking, pastry-making, cake-baking and frying. It gives you the utmost quality and richness for every cooking purpose. Yet it is as economical as any cooking fat you can use.



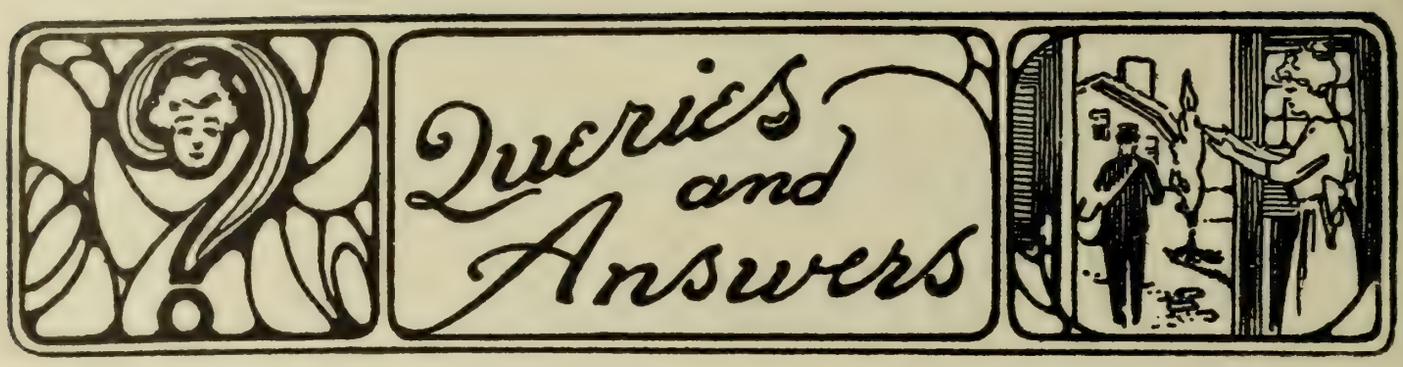

Get Crisco at your grocer's, in this sanitary, dirt-proof container. *Never sold in bulk.* All convenient sizes, packed net weight, from one pound up.




**Do You *Enjoy* Your Meals?**

—or are you tired of the same old food, day after day? There is a new cook book containing inexpensive recipes that will give variety to your meals. They are just the kind of dishes everybody likes, and that the cook likes, too, because they are easy to prepare. Illustrated in color. Recipes originated by Janet McKenzie Hill, founder of the Boston Cooking School, and editor of "American Cookery." Each copy of this book *costs us* 29 cents; we will send you a copy for only 10 cents in stamps. Address Dept. A-4, The Procter & Gamble Company, Cincinnati, O. Ask for "Recipes for Every Day."

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THIS department is for the benefit and free use of our subscribers. Questions relating to recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. For menus, remit $1.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 4127. — "Will you favor me by publishing the directions for Curled Toast? It makes a pretty decoration for many dishes."

## Curled Toast

CUT one-fourth inch slices, lengthwise, from a brick-shaped loaf, and divide each slice into two or three narrow strips. The loaf should be quite fresh, if possible warm from the oven, and the cutting done with a very sharp, saw-tooth knife, so as to make perfectly smooth slices. Now twist or curl these in any fashion you please, securing the twists on a board with pins, and fastening the curls with wooden toothpicks. Let stand until dry enough to retain their shape, then brown in the oven.

---

QUERY No. 4128. — "Will you give me the recipe for Baked Oranges? Those I have eaten were delicious, but my experiments have failed."

## Baked Oranges

Your failure was probably due to too hot an oven. Too great heat develops a bitter flavor. Try baking the oranges in a cool oven, not more than 220° Fah., and only until they are warm through. It should not take longer than 20 to 30 minutes.

---

QUERY No. 4129. — "I should appreciate a recipe for a Sandwich made of sliced chicken, ham, and cheese between toasted bread, served hot, which is served at the Waldorf Astoria in New York, and called the 'Waldorf Special'? The toast is not hard or dry."

## "Waldorf Special"

We do not know the sandwich you describe, but we think it might easily be made from the description you give. Probably the meats are sliced while hot, and the cheese is heated in the oven. In making the toast, the hotter the fire and the quicker you make it, the softer it will be.

---

QUERY No. 4130. — "Will you be kind enough to tell me what will help fresh Salmon to retain its color when cooking it?

"Also let me know what you mean in the recipe for Almond Sponge Cake in AMERICAN COOKERY for November, page 279, by adding water or white of egg to nuts to keep them from boiling?"

## To Retain Color in Cooking Salmon

The color of salmon depends on many things, the variety, the age of the fish, the length of time it has been kept, etc. Our only method of retaining the color has been to add one-half cup of vinegar to the water in which the salmon is boiled.

In the recipe for almond sponge cake, the word "boiling" was used in a technical sense. It is the term employed by cooks to mean the puffy or curdled effect, sometimes almost a seething — it is a condition difficult to describe — which results from pounding almonds in a mortar until they make a quite smooth paste. The condition depends a good deal on the weather, also on the vigor of the pounding, and except in the texture it makes no very great difference in the finished sponge cake.



# Before we had Baking Powder

The oldest form of baking powder was sour milk and baking soda. Various substitutes came to take the place of the lactic acid which the sour milk contains—in 1837 in England, for example, it was hydrochloric acid.

And of all the strange ingredients that have gone into food in the history of cooking, what could be more startling than hydrochloric acid!

The uncertainty of this method, to say nothing of the actual danger of using a corrosive poison, makes this one of the most interesting chapters in the study of leavening agents.

From that time until the production of Ryzon was a long stride. Ryzon, the Perfect Baking Powder, combines pure, healthful ingredients with scientific accuracy, economy and dependability.



*The Ryzon level measure*

*Ryzon is packed in full 16 ounce pounds—also 25c and 15c packages. The new Ryzon Baking Book (original price $1.00), containing 250 practical recipes, will be mailed, postpaid upon receipt of 30c in stamps or coin, except in Canada. A pound tin of Ryzon will be sent free, postpaid, to any Domestic science teacher who writes us on school stationery, giving official position.*

GENERAL CHEMICAL CO.
FOOD DEPARTMENT
NEW YORK

**RYZON**
THE PERFECT BAKING POWDER



QUERY No. 4131. — "I have a friend whose cook makes an attractive pink and white Streaked Mold of Ice Cream by using peppermint or cinnamon stick candy for sweetening instead of sugar. I should like to know how to make this."

## Peppermint Candy Ice Cream (Streaked)

We do not know how your friend's cook makes her pretty ice cream, but if you follow the directions we give, you can make some just as pretty. Divide your recipe for any plain ice cream into two parts, and freeze in two freezers. Color one part red with any of the guaranteed colorings, and flavor with either extract of peppermint, or oil of peppermint. The latter is a very strong flavor, and one-quarter a teaspoonful will be enough for a pint of cream. When the two creams are frozen, add the contents of one can to that of the other, and mix lightly, as you might mix the batters in a marble cake. Or pack in alternate layers in a brick mold, as in the Neopolitan ice cream. Or arrange in any form of layers you prefer in a round mold. If you had a cylinder mold, even a watertight canister, you could arrange the layers to resemble striped candy. After packing in a mold, the mixture should be kept in ice and salt until frozen very hard. Great care should be taken that the salty water does not enter the mold, for it is insidious, and will get in anywhere there is the least leak.

In default of coloring matter or peppermint, of course you could use dissolved candy, all red, but there is no need of this, and the process would be troublesome.

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QUERY No. 4132. — "Please give me a recipe for Crab Gumbo, and one for Chocolate Pie?"

## Crab Gumbo

Cook in one pint of salted water a quart of okra pods, previously washed and sliced thin crosswise. They should take from 15 to 20 minutes to be tender. Meantime thicken one pint of either fish-stock or milk with two tablespoonfuls of flour blended with two tablespoonfuls of butter, and stirred into the milk over the fire until it boils. Add to this a cup of sifted crab meat, either canned or fresh cooked, and season with one-fourth a teaspoonful of pepper and a dash of paprika. Now add to this the okra, with the water in which it was cooked, stir together, and serve with croutons.

## Chocolate Pie

Melt in a quart saucepan three tablespoonfuls of butter or a substitute; blend into this six tablespoonfuls of flour, stir smooth, and add two cups of milk, or a mixture of milk and water. Cook, with careful stirring, until mixture is thick, then beat in the beaten yolks of two eggs, one-half a cup of sugar, and two ounces of chocolate previously cooked to a smooth paste with a little water—about one-fourth or three-eighths a cup. Pour the whole into a pastry shell, cover with a meringue made of the whites of the eggs and bake until meringue is firm. If the pastry shell is not already baked, it should be allowed to bake after it is filled with the chocolate mixture, and the meringue added the last thing.

---

QUERY No. 4133 — "I wish a recipe for the genuine Boston Baked Beans?"

## Boston Baked Beans

Let soak overnight in soft water one quart of dried pea beans. In the morning wash them, cover with fresh water, and let simmer only, until soft enough to be easily pierced with a pin. If the water is not soft, one-half to one teaspoonful of soda is added, but not unless this is needed. Some Boston housekeepers change the water two or three times during the process of cooking the beans, but some do not. Some cook one onion with the beans, some add the onion when the beans are ready to be baked, some omit onion altogether. Have ready an earthen bean-pot of the orthodox shape, narrow at top, and provided with a lid, and put into this two-thirds of the parboiled beans. Scald

# *Please Mamma make some*
# Cocoanut Cookies

EVERYONE likes cocoanut cookies and cakes, and Dromedary Cocoanut has made it easy and economical to have them often.

The cover of its "Ever-Sealed" package may be replaced after using a part of the contents, and the remainder will keep fresh and moist to the last shred.

***Every package contains Guarantee***

Write today for book of new Dromedary Cookie recipes. Sent Free upon request. Try these delightful

**Cocoanut Orange Jumbles**

½ cup shortening
1 cup sugar
Grated rind of 1 orange
1 egg, beaten
⅓ cup orange juice
½ cup Dromedary Cocoanut
3 cups barley flour
4 teaspoons baking powder

Beat shortening and sugar to a cream. Add orange rind, egg, orange juice, cocoanut, and flour sifted with baking powder. Roll into a thin sheet. Cut out with doughnut cutter, place the jumbles a little apart on buttered baking pan. Brush top of each cookie with slightly beaten egg-white or cold water; cover with Dromedary Cocoanut. Dredge with granulated sugar and bake delicate brown in a quick oven.

The HILLS BROTHERS Co.
Department G 375 Washington St., New York



one-fourth a pound of salt pork, scrape rind white and clean, score one inch deep in half-inch strips across top, and place over the beans, then fill in the rest of the beans. The pork should be on a level with the beans in the pot. Now put into a measuring-cup one-eighth its volume of molasses, one teaspoonful of salt, and one of dry mustard. Mix, fill up cup with hot water, and pour over beans in pot. Add enough water to cover, put on lid, and bake for eight hours in a moderate oven.

The beans should be looked at from time to time, and more hot water added if needed. The cover should be removed during the last hour of baking to brown the beans on top.

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QUERY No. 4134. — "Kindly tell me how to make French Bread, Crusty, also Honey Nougat?"

## French Bread, Crusty

Blend one compressed yeast cake with a little water in a measuring cup, and when free from lumps fill cup half-full with lukewarm water. Pour this on two cups of sifted flour in a mixing bowl, or on a board, and knead to a stiff dough. Form the dough into a ball-shaped mass, score it a couple of times across the top, and drop it into a saucepan of tepid water, with the scored side up. There should be enough water to cover the ball of dough. Cover, and let stand in a warm place until the dough swells, floats on top of the water, and becomes very light. Lift out with large skimmer to a bowl containing one-half a cup of tepid water in which one teaspoonful of salt has been dissolved; add flour enough to knead, which will be two cups or less; knead well, and let stand in warm place until light. Shape into long, narrow loaves, score in light, slanting strokes across top, brush lightly with milk, butter, or a mixture of water and sugar, and let stand on baking pan until light, when the pan is slipped into a hot oven for baking.

## Honey Nougat I

Mix three-fourths a cup of honey with one cup of granulated sugar, and cook over a slow fire until, when a spoonful is dropped into very cold water, it forms a brittle mass. Then beat in the beaten white of one egg, one teaspoonful of almond or other extract, and one-half a pound of amonds, blanched and chopped. Spread the mixture on oiled paper on a slab, cover with another sheet of oiled paper, lay a weighted board on top and let stand until cold. Then cut in strips.

Another good way to test, if the nougat mixture is cooked, is to drop a little on a plate, let cool slightly, and then roll between the thumb and forefinger. If properly cooked it will not stick.

## Honey Nougat II

Boil one pound of honey until it forms a firm ball when a spoonful is dropped into cold water; then beat in the whites of two eggs, beaten stiff, and one pound of almonds, blanched and chopped. Press between sheets of oiled paper as before.

---

QUERY No. 4135. — "Will you publish in your Queries and Answers a recipe for Vienna Bread? Also one for the Butter Cakes baked on a griddle in the restaurant windows?"

## Vienna Bread

Follow directions for French Bread in answer to preceding query. The only difference is in the shape of the loaf, the French loaf being long and narrow, the Vienna not so long, thicker in the center, and pointed at the ends. Both are scored across before baking.

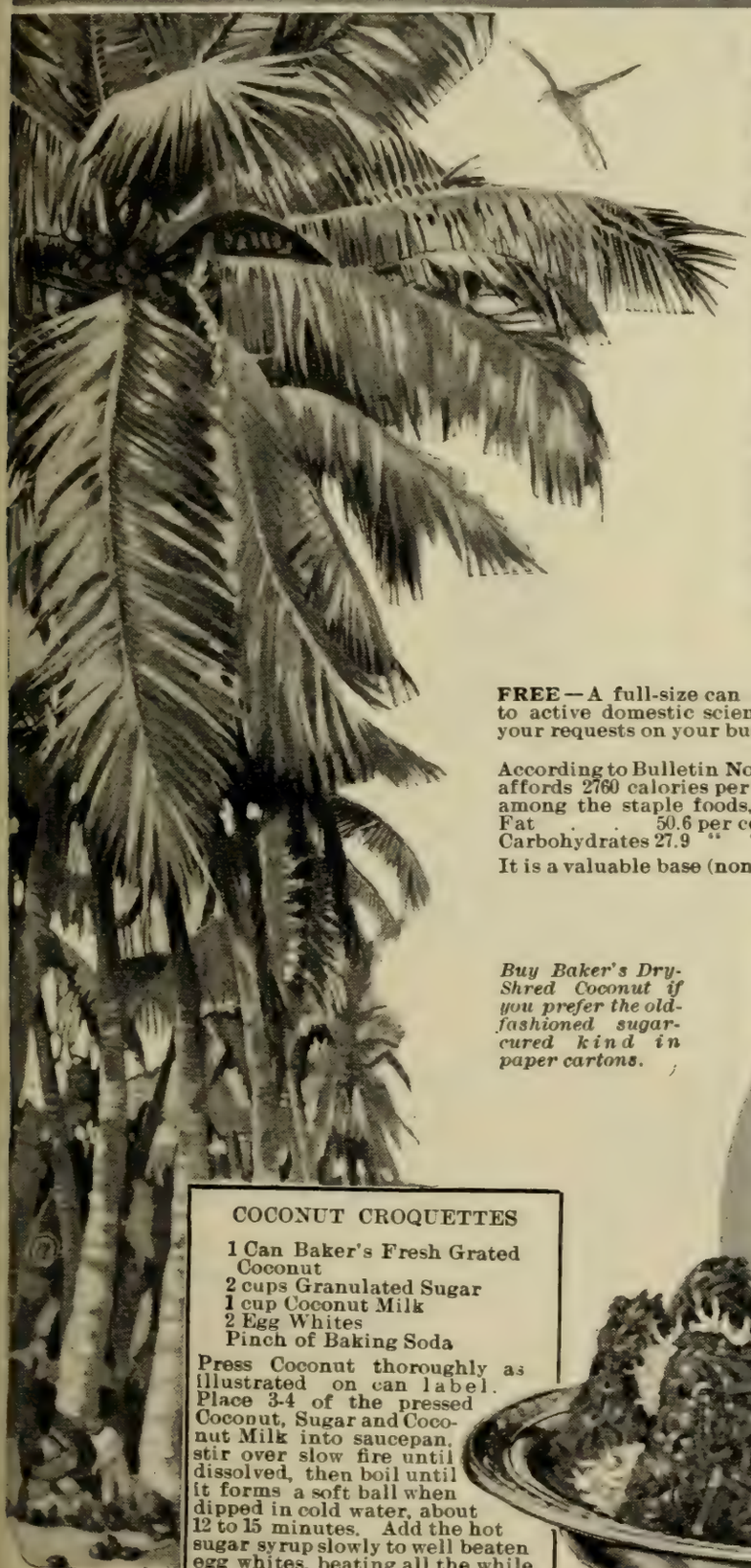
## Butter Cakes

We do not know the exact recipe used by the restaurants you allude to, but the cakes taste like a light biscuit dough, baked very quickly on a very hot griddle. We believe it is the method of baking that give them their distinctive flavor.

---

QUERY No. 4136. — "What is meant by 'Tinned Milk' in the recipe for Pimiento Cheese on page 287 of AMERICAN COOKERY for November?"

# BAKER'S COCONUT



Imagine coconut, canned in its own milk, just as it comes from the palm and with all the freshness and goodness that nature put into it.
*That's* Baker's way of providing you with a treat from the tropics.

Baker's canned-in-its-own-milk coconut, *because* of its natural milk, is unusually good for cakes, pies and candies.

Not only does the grated, milk-laden coconut meat taste better than ordinary dry coconut, but where cakes and pies are concerned, the richness of the natural coconut milk provides a shortening that helps to insure the success of your baking efforts.

You will like Baker's canned-in-its-own-milk coconut. Try it today.

FREE Recipe Booklet mailed to you and friends you mention. Write for it. Recipes for a coconut cake and pie will be found on the inner side of the can label.

If Baker's Canned or Dry-Shred Coconut is not obtainable at your grocer's, send 20c. in stamps for full-sized can or package. And please mention your dealer's name.

## THE FRANKLIN BAKER COMPANY
Philadelphia, Penna.

**FREE**—A full-size can of Baker's canned-in-its-own-milk Coconut will be forwarded to active domestic science teachers and institution chefs free of charge. Please make your requests on your business letterhead.

According to Bulletin No. 28 of the Department of Agriculture, "Fresh coconut affords 2760 calories per pound and is second only to butter and salt pork among the staple foods, as per the following analysis:

| | | | |
|---|---|---|---|
| Fat . . | 50.6 per cent | Protein . . | 5.7 per cent |
| Carbohydrates | 27.9 " " | Ash . . | 1.7 " " |

It is a valuable base (non-acid-forming) food."

*Buy Baker's Dry-Shred Coconut if you prefer the old-fashioned sugar-cured kind in paper cartons.*




### COCONUT CROQUETTES

1 Can Baker's Fresh Grated Coconut
2 cups Granulated Sugar
1 cup Coconut Milk
2 Egg Whites
Pinch of Baking Soda

Press Coconut thoroughly as illustrated on can label. Place 3-4 of the pressed Coconut, Sugar and Coconut Milk into saucepan, stir over slow fire until dissolved, then boil until it forms a soft ball when dipped in cold water, about 12 to 15 minutes. Add the hot sugar syrup slowly to well beaten egg whites, beating all the while, then add pinch of soda and beat until thick.

Form into steeples and roll in the remainder of the Coconut. Preferably toast coconut slightly in oven before rolling croquettes.

"What is the cost of one can of pimientos and of one pound of the cheese?"

## Tinned Milk

By tinned milk the writer doubtless means the evaporated, that is, the unsweetened condensed milk. A small can of pimientos costs about 20 cents, and the Pimiento Cheese is quoted variously at from 60 to 80 cents a pound.

---

QUERY No. 4137. — "Please give me a recipe for Italian Ravioli?"

## Italian Ravioli

Into one cup of flour in a bowl drop one unbeaten egg, and one-fourth a teaspoonful of salt. Knead to a stiff paste, the same as a noodle paste. Roll out to one-fourth an inch thick, and use this as the foundation for the Ravioli. The paste can be cut into squares or circles, and simply spread with grated cheese and cooked in gravy for five minutes, to melt the cheese. Or a mixture of chopped chicken livers, young onions, and cheese, may be spread on the squares, covered with similar squares of the paste, pressed together, and cooked five minutes in bouillon. Or forcemeat balls of any kind may be enclosed between squares, and these either steamed, or poached in bouillon.

---

QUERY No. 4138. — "I wish a recipe for a Brown Sugar Sauce for puddings; also one for Breadcrumb Stuffing; and one for Indian Pudding boiled in a cloth?"

## Brown Sugar Sauce

Boil one-half a cup of brown sugar to the soft-ball stage, as you would for frosting. Beat into it the beaten white of one egg, and one-half a cup of thin cream, or top milk. If heavy cream is used, it should be whipped, and will make a much richer sauce.

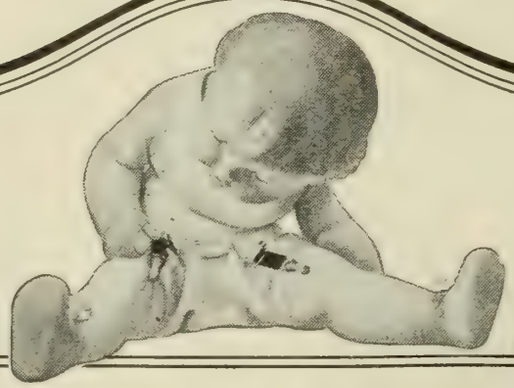
## Breadcrumb Stuffing

An excellent recipe for this will be found on page 273 of AMERICAN COOKERY for November. This is equally good for fowl and for roast meats. In the latter case, it is put in the pan from one-half to three-quarters of an hour before the meat has finished cooking. It need not be basted.

## Boiled Indian Pudding

Add one-half a teaspoonful of salt to two cups of boiling water, remove from fire, and stir into this two cups of Indian meal, and one-half cup of very fine chopped suet. Add two eggs, beaten light, one-half cup of molasses or sugar, one-half teaspoonful of powdered ginger, and two cups of hot milk. Beat all together until well mixed, let stand until nearly cool, then boil for two hours in a well-floured cloth, leaving plenty of room for the pudding to swell, and putting a small plate at the bottom of the kettle to keep the pudding from burning.

---

**Baby Midget**

*Velvet Grip*

**HOSE SUPPORTER**

holds the socks securely and allows the little one absolute freedom of action, so necessary to its health, growth and comfort. The highly nickeled parts of the "Baby Midget" have smooth, rounded corners and edges and they do not come in contact with the baby's skin.

Like the **Velvet Grip Hose Supporters** for **women, misses and children** it is equipped with the famous All-Rubber Oblong Button, which prevents slipping and ruthless ripping.

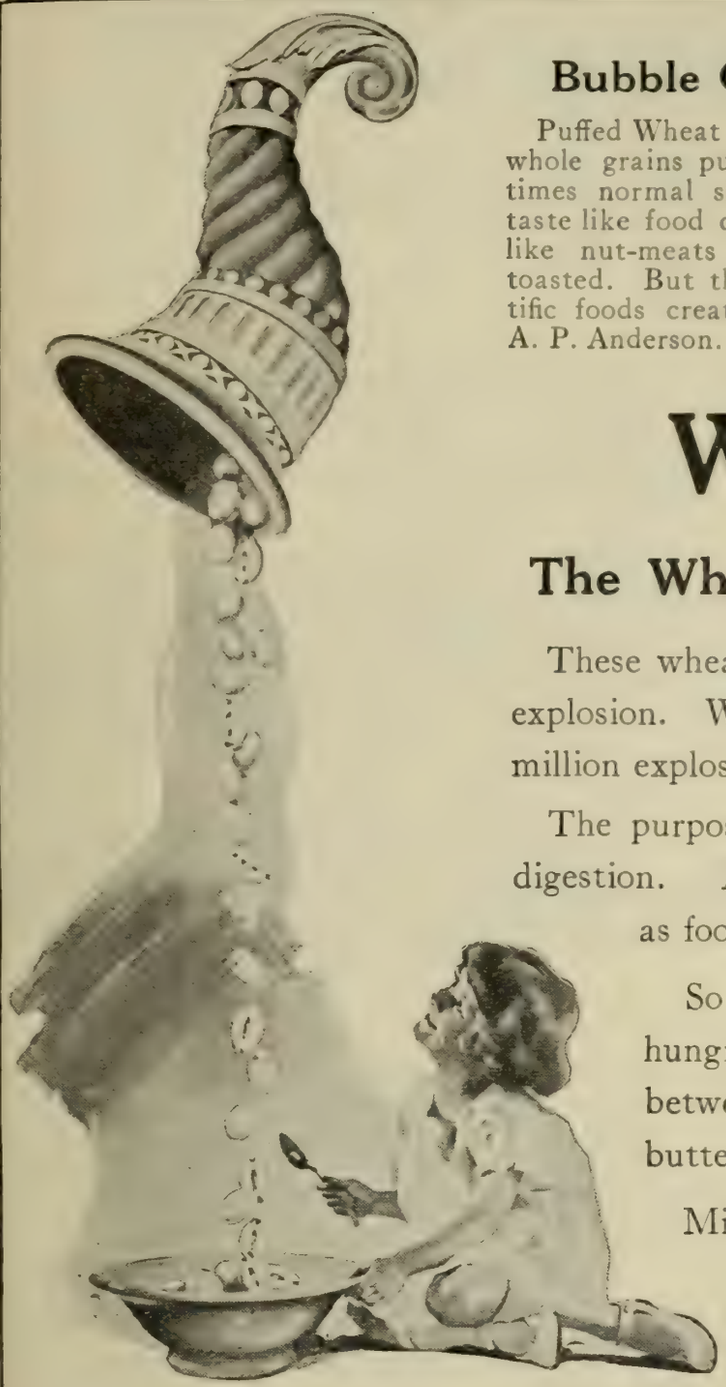
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**A LOST ART RESTORED**

To restore the color of faded goods
And to make them look like new,
Wash with Sawyer's Crystal Ammonia
Rinse with Sawyer's Crystal Blue.

ADV.



### Bubble Grains

Puffed Wheat and Rice are whole grains puffed to eight times normal size. They taste like food confections — like nut-meats puffed and toasted. But they are scientific foods created by Prof. A. P. Anderson.

### Flimsy—Flavory

They are so thin, so fragile that they seem like fairy foods. Yet the very utmost in a food for children is Puffed Wheat in milk. If you want a child to love whole-grain foods this is the way to serve them.

# We Explode

## The Wheat, So Every Atom Feeds

These wheat bubbles are created by internal steam explosion. We cause in each kernel more than 100 million explosions—one to every food cell.

The purpose is to fit the grains for easy, complete digestion. And to make every element available as food.

So Puffed Grains are ideal foods for any hungry hour. Not for mealtime only, but between meals. Crisp and douse with melted butter and let children eat like peanuts.

Mix in every dish of fruit. Serve in every bowl of milk. Scatter like nut-meats on ice cream. Serve in soups.

**Puffed Wheat**

—

**Puffed Rice**

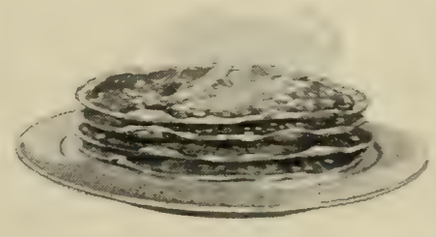
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**Corn Puffs**

—

**Puffed Rice**
**Pancake Flour**

***A New Puffed Grain Delight***



## Such Pancakes

### As You Never Tasted

We now make Puffed Rice Pancake Flour—an ideal mixture with ground Puffed Rice. It makes the pancakes light and fluffy, and gives a nut-like taste. Simply add milk or water, for the flour is self-raising, and you'll make the finest pancakes that you ever knew. Try it now.

## The Quaker Oats Company

**Sole Makers**



"Her luncheons are perfect! Her dinners—delicious!"

Is that said of you? Or are you satisfied with "just plain meals?"

With Cox's Gelatine, you'll find it easy to make those dainty surprises that make each meal delightful.

A little fruit and Cox's Gelatine will make the daintiest of salads. A bit of meat or perhaps some fish—so often left over—Cox's will transform into one of those delicious savories so tempting to the appetite and so attractive to serve.

There's no end to the variety of dainties you can concoct with Cox's Gelatine. You'll find them all in our "Manual of Gelatine Cookery." Write for a copy. It will help you in *all* your cooking.

**THE COX GELATINE CO.**
**Dept. D 100 Hudson St., New York**

*ASPIC JELLY*

*1 envelope COX'S INSTANT POWDERED GELATINE*
*3 cups water* — *1 teaspoon salt*
*1 bay leaf* — *½ teaspoon pepper*
*3 tablespoons vinegar* — *½ tablespoon lemon juice*
*1 thin slice onion*

*Pour water into sauce pan, sprinkle in Gelatine; add all other ingredients. Place over slow fire and beat until mixture comes to boiling point; allow to settle for 5 minutes and strain through cheesecloth into wet mold.*

*Aspic jelly is used in molding savories such as eggs, fish, meats and vegetables; and is used for garnishing cold ham, tongue, poultry, etc.*

COX'S
Instant Powdered
GELATINE

# The Silver Lining

## A Difference With a Distinction

A fond youth who by Cupid was smit,
Called his loved one a pearl 'cause it fit.
But he calls this same girl,
Now, a p-u-r-l;
For, you see, she ne'er ceases to knit!
— *Blanche Elizabeth Wade.*

## Hard for Cleopatra

"So that is Cleopatra's Needle," said the sightseer as he gazed at the noble monolith.

"Yes," said his friend and guide proudly, "that is Cleopatra's Needle."

The sightseer was silent. Then he lowered his gaze, and surveyed the industrious knitters in the sun, plying their own needles between glimpses at the wonder.

"Say," said he meditatively, "Cleopatra must have found it rather awkward to purl with that thing, don't you know."
— *Blanche Elizabeth Wade.*

## A Tragic Mistake

"My dear," said a man to his newly-married wife, "where did all these books on astronomy come from? They are not ours."

"A pleasant little surprise for you," responded his wife. "You know, my dear, you said this morning that we ought to study astronomy; and so I went to the bookseller's and bought everything I could on the subject."

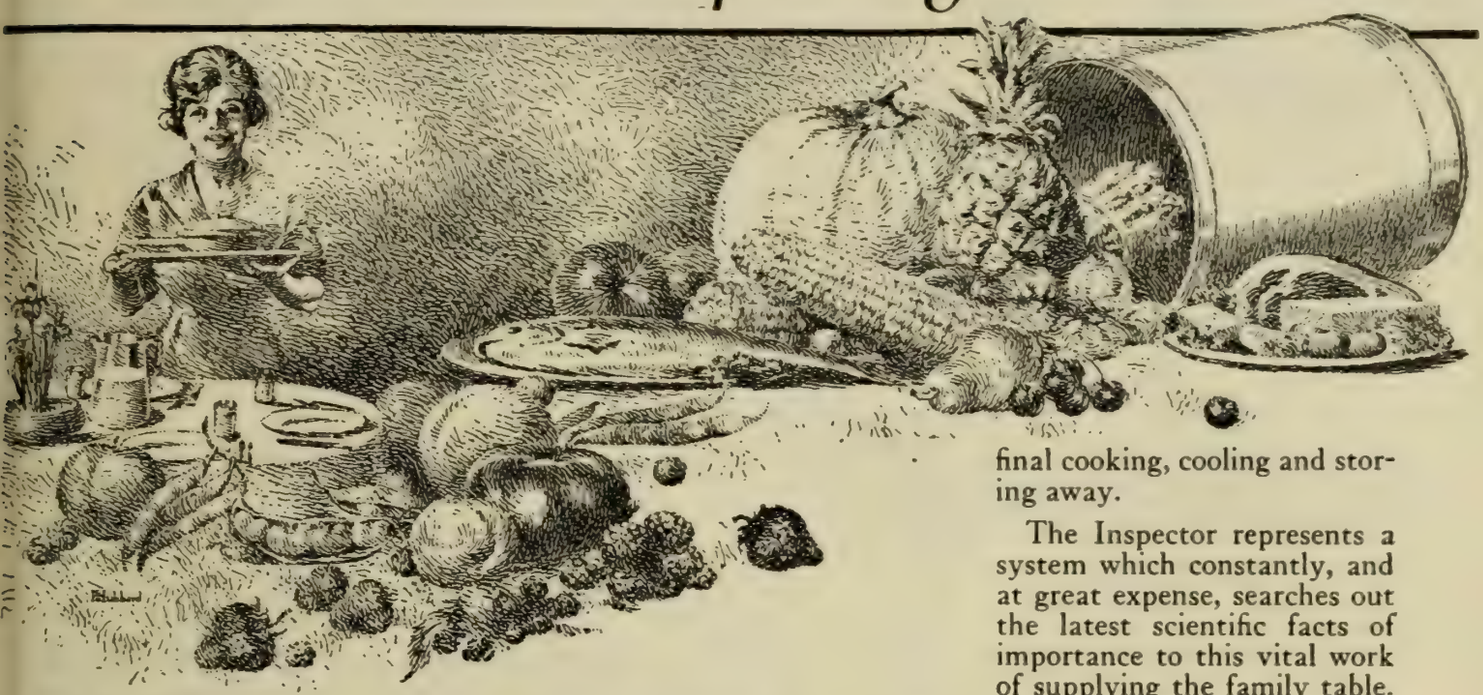
It was some minutes before he spoke.

"My dear," he then said, slowly, his voice husky with emotion, "I never said we must study astronomy; I said we must study economy." — *Tit-Bits.*

---

A certain American Senator, deploring the dishonest methods of one type of business man, once remarked with a smile, "It all brings back to me a dialogue I once heard in a Southern school: 'Children,' said the teacher, 'be diligent and steadfast, and you will succeed. Take the case of George Washington, whose birthday we are soon to celebrate.

# A Canned Food Message -especially to Women



SALUTE the canned food on your pantry shelf. The Pure Food Laws—commendable and necessary though they are—are yet far exceeded in the requirements which the great organized food canning industry of the United States lays down for itself.

This is not an arm representing force or compulsion. Rather, it represents a united ambition on the part of a vast industry to keep itself in spirit and in practice above any necessity of laws of regulation.

Little wonder, then, that the canning industry has been called "the industry which legislates for itself!" Never does this industry forget that it is dealing with *food*—with food, the thing of such vast consequence to the little family circle of the American home. In a very real way it realizes its responsibility and in a very real way it faces its responsibility.

### *If only you could see food canned For Yourself*

Every American housewife should have the privilege of following through some of the great canneries of fruit, vegetables, soup, meat, sea food, milk and other products. Follow the Inspector of the Association as he passes, on one of his visits, from the supply of fresh foods to the sorting, cleaning, preparing; follow the Inspector all the way through to the sealing of the cans, the final cooking, cooling and storing away.

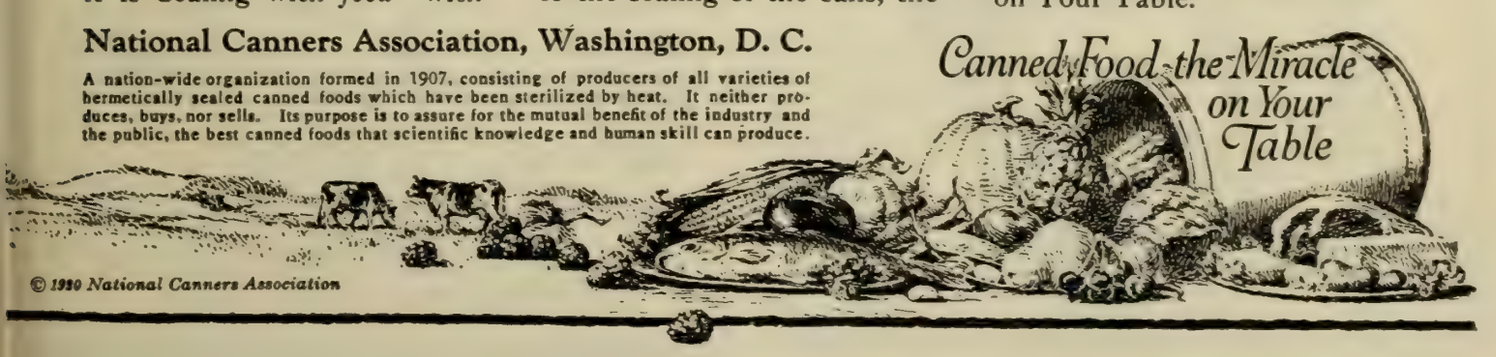
The Inspector represents a system which constantly, and at great expense, searches out the latest scientific facts of importance to this vital work of supplying the family table. He is a symbol of the painstaking care with which the canning business is conducted. He represents the earnest determination of the industry to supply our families with the best of food, clean, wholesome, nourishing and safe.

### *The tin can brings delicious food at Any Time of Year*

And so may American housewives, mentally at least, salute the most self-respecting of objects, the can of food. You are standing before a very wonderful thing—a product which knows the limitations of neither climate nor season, coming to you at any time and from any place. Richly it deserves its title—"The Miracle on Your Table."

**National Canners Association, Washington, D. C.**

A nation-wide organization formed in 1907, consisting of producers of all varieties of hermetically sealed canned foods which have been sterilized by heat. It neither produces, buys, nor sells. Its purpose is to assure for the mutual benefit of the industry and the public, the best canned foods that scientific knowledge and human skill can produce.




© 1930 National Canners Association

# Crawford Ranges

*You can use gas broiler and three ovens at the same time*

That's a time-saving, step-saving, labor-saving convenience offered you by no range but the Victory Crawford.

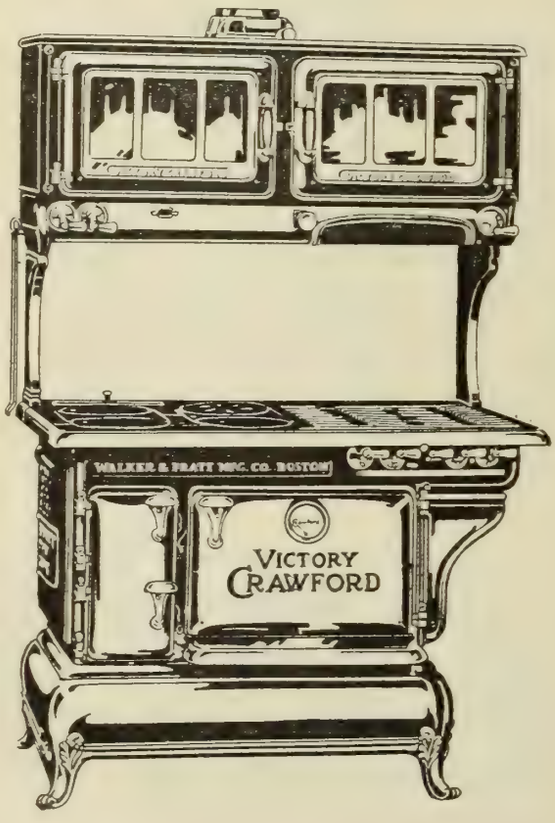
And such a handsome range it is—compact, easy to clean, efficient. Only 43 inches from end to end, yet it has four coal griddles, five top gas burners, and (with racks) thirteen square feet of oven space.

These are only a few of the features which account for the Victory being known as "the biggest little range on the market." Your local Crawford dealer will gladly show you others.

*Sold by Leading Dealers*

**WALKER & PRATT MFG. CO.**
**BOSTON, U. S. A.**

*Makers of Highest Quality Ranges Furnaces and Boilers*





Do you remember my telling you of the great difficulty George Washington had to contend with?' 'Yes, ma'am,' said a little boy. 'He couldn't tell a lie.' "

— *Liverpool Post.*

## Fitness Recognized

"Rastus, how is it you have given up going to church?" asked Pastor Brown.

"Well, sah," replied Rastus, "it's dis way. I likes to take an active part, an' I used to pass de collection basket, but dey's give de job to Brothah Green, who jest returned from Ovah Thair-ah."

"In recognition of his heroic service, I suppose."

"No, sah, I reckon he got dat job in reco'nition o' his having lost one o' his hands."

John D. Rockefeller, Jr., said in a discussion of the divorce evil: "So many men are like Dr. Cutler. 'Doctor,' I said to him one day, 'how is it I never see you any more at the theatre or restaurant with your former sweetheart, Miss Amanda?' 'Oh, Amanda's married now,' said Dr. Cutler. 'Indeed,' said I. 'To whom?' 'To me,' said Dr. Cutler."

— *Pittsburgh Chronicle-Telegraph.*

## Teco Muffins

2 cups Teco Pancake Flour
1 tablespoonful sugar
1 egg — beaten lightly
Mix thoroughly
Water — to make a stiff batter
Drop into muffin tins and bake in quick oven.


**DIETITIANS WANTED FOR HOSPITAL POSITIONS EVERYWHERE**

Many excellent positions now open for Dietitians in all parts of the United States. If interested in securing a Hospital position anywhere, send for free book. Write today for it.

**AZNOE'S CENTRAL REGISTRY FOR NURSES**

**30 North Michigan Avenue, Chicago**




# Uncle John's Syrup

A pure cane and maple syrup with the real flavor from the maple grove. Best for every table and cooking purpose. Ask for it.

**NEW ENGLAND MAPLE SYRUP CO.**
**Winter Hill**
**BOSTON, MASS.**

*Write for FREE COPY of UNCLE JOHN'S RECIPES, showing new and pleasing ways to use it.*

## Cream Whipping Made Easy and Inexpensive

# CREMO-VESCO

**Whips Thin Cream**
**or Half Heavy Cream and Milk**
**or Top of the Milk Bottle**

**It whips up as easily as heavy cream and retains its stiffness**

**Every caterer and housekeeper wants CREMO-VESCO.**

**Send for a bottle today.**

**Housekeeper's size, 1½oz., .30 prepaid**
**Caterer's size, 16oz., $1.00 "**
**(With full directions.)**

**CREMO-VESCO COMPANY**
**631 EAST 23rd ST., BROOKLYN, N. Y.**




## ECONOMY!

You may use so little at a time that the thought of Spice-Economy never arises. But there *is* a money-saving difference in spices.

# Bee Brand SPICES

because of their strength and great purity save money for you. *A little does a lot*—they last longer.

BEE BRAND Spices are the BEST, SAFEST and MOST ECONOMICAL spices on the market, preferred by cookery-experts everywhere because they come to the pantry shelf with the original STRENGTH and QUALITY of their natural FLAVOR preserved for *your* use.

BEE BRAND Spices are selected, cleaned and ground under most rigid inspection and hermetically sealed in *sanitary containers*, free from all dirt or foreign matter. From the moment they enter our warehouses until YOU open the package, no human hands touch them. They are PURE Spices.

**For good-cooking aids, insist on BEE BRAND Spices, Flavoring Extracts, Gelatin, Prepared Mayonnaise, Green Seal Salad Dressing, Green Seal Mustard Dressing, etc. Guaranteed absolutely pure.**

**McCORMICK & CO., Baltimore, Md.**
**Importers and Manufacturers**
(Packers of the Famous BANQUET TEA)

*Write for our FREE BOOKLETS, giving interesting facts concerning spices, teas and flavoring extracts.*
*BEE BRAND Manual of Cookery may now be secured for 50c in coin or stamps.*



# PRICE'S VANILLA




When recipes for custards, cakes, and puddings, etc. call for a definite amount of vanilla —use Price's.

You'll run no chances of spoiling them, for Price's is just right in strength. It's pure, too!

PRICE FLAVORING EXTRACT CO.
*In Business 67 Years*
Chicago, U. S. A.

Trade Mark Registered.
**Gluten Flour**
*40% GLUTEN*
Guaranteed to comply in all respects to standard requirements of U. S. Dept. of Agriculture.
Manufactured by
FARWELL & RHINES
Watertown, N. Y.

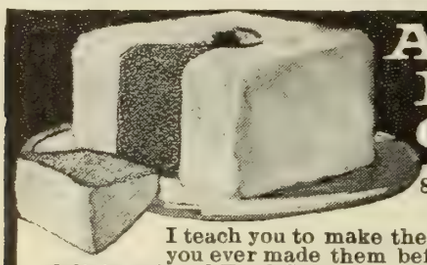
## Domestic Science
### Home-study Courses

Food, health, housekeeping, clothing, children

*For Homemakers and Mothers; professional courses for Teachers, Dietitians, Institution Managers, Demonstrators, Nurses, "Graduate Housekeepers," Caterers, etc.*

"THE PROFESSION OF HOME-MAKING." 100 page handbook, *free*. BULLETINS: "Free-hand Cooking," "Food Values," "Seven-Cent Meals," "Family Finance."—*10 cents each.*

**American School of Home Economics**
**(Charted in 1915) 503 W. 69th St., Chicago, Ill.**



## Angel Food Cake

8 Inches Square
5 Inches High

I teach you to make them better than you ever made them before—the most delicious Angel Food Cake and many other kinds, the most appetizing cakes you ever tasted.

**They Sell for $3.00—Profit, $2.00**

I will make you the most expert cake-maker in your vicinity. Your cakes will be praised and sought for. Your cakes will become famous, if you make them by the

**Osborn Cake Making System**

My methods are original. They never fail. They are easy to learn; you are sure to succeed the very first time. I have taught thousands. I can teach you. Let me send you particulars FREE.



Dept. L-4 MRS. GRACE OSBORN Bay City Michigan


## Nevermore

The landlady of a well-known London boarding-house made a point of asking her departing guests to write something in her visitor's book. She was very proud of some of the names of the people inscribed in it, and of the nice things that were said. "But there is one thing I can't understand," she confided to a friend, "and that is what an American put in the book after stopping here. People always smile when they read it." "What was it?" queried the other. "He wrote only the words, 'Quoth the raven.' "

## Another Joshua

A man was brought in court for the illicit distilling of whiskey.

"What is your name?" asked the judge.

"Joshua," replied the prisoner.

"Joshua?" repeated the judge. "Ah! Are you the Joshua who made the sun stand still?"

"No, sir, judge," was the answer. "I is the man who made the moon shine."

—*N. Y. Truth Seeker.*

## Married a Native

They were looking at the kangaroo at the zoo when an Irishman said: "Beg pardon, sor; phwat kind of a creature is that?"

"Oh," said the gentleman, "that is a native of Australia."

"Good hivins!" exclaimed Pat; "an' me sister married wan of thim."

—*Boston Transcript.*

## Unrest

"What do you work at, my poor man?

"At intervals, lady."

—*St. Paul Non-Partizan Leader.*


# TANGLEFOOT

**The Non-Poisonous Fly Destroyer**

**The U. S. Dept. of Agriculture says in the Bulletin: Special pains should be taken to prevent children from drinking poisoned baites and poisoned flies dropping into foods or drinks.**






# Not So Bad this Month

For the first time in many months the expense account fails to produce anxiety and wrinkles. "It's the first time," the young housekeeper says, "the figures haven't given me a horrid feeling."

What a lot of money and time she has wasted on things to eat, and especially desserts, when Jell-O would have helped her out.

Millions of American women understand just how Jell-O helps them out. To any who do not we shall be glad to send a copy of the 1920 Jell-O Book, which contains fuller information on this important point than any published heretofore.



Jell-O is made in six pure fruit flavors: Strawberry, Raspberry, Lemon, Orange, Chocolate, Cherry, and is sold by all grocers and dealers.

**THE GENESEE PURE FOOD COMPANY**

**Le Roy, N. Y., and Bridgeburg, Ont.**




# Make It Yourself

You can always have perfectly delicious syrup for hot cakes and waffles by dissolving granulated sugar in hot water and adding—

# MAPLEINE

*The Golden Flavor*

Mapleine is a pure vegetable flavoring that gives a delightful mapley taste and rich golden color to the many foods it flavors. It is unexcelled for desserts, pudding sauces, cake frostings, candies and syrup.

*Your grocer can supply you*
2 oz. bottle 35c
Canada 50c

4c stamp and trade-mark from Mapleine carton will bring the Mapleine Cook Book of 200 recipes including many desserts.

CRESCENT MFG. CO.
323 Occidental Ave., - Seattle, Wash.




## TEN-CENT MEALS

$2.00 per week per person: 42 meals with recipes and directions for preparing each. This 48 pp. Bulletin sent for 10c or FREE for names of two friends who may be interested in our Domestic Science Courses.

**Am. School Home Economics, 503 W. 69th St., Chicago**

## The Graduate Housekeeper

THE demand for expert assistance in private and public homes cannot be supplied. Salaries range from $75 to $100 a month, or more, with full living expenses, comfortable quarters, and an average of eight hours a day "on duty." *Professionally trained* housekeepers, *placed by us*, are given the social recognition due experts.

Here is an excellent opportunity — our new *home-study course* for professional housekeepers will teach you to become an *expert* in the selection and preparation of food, in healthful diet and food values, in marketing and household accounts, in the management of the cleaning, laundry work, mending, child care and training, — in all the manifold activities of the home. When you graduate we place you in a satisfactory position without charge. Some positions are non-resident, others part-time.

The training is based on our *Household Engineering* course, with much of our *Home Economics* and *Lessons in Cooking* courses required. Usually the work can be completed and diploma awarded in six months, though three years is allowed. The lessons are wonderfully interesting and just what *every* housekeeper *ought* to have for her own home. *Why not be a $150 per month housekeeper?*

To those who enroll this month, we are giving, free, our COMPLETE DOMESTIC SCIENCE LIBRARY, beautifully bound in three-fourths leather style. This contains our full Home Economics, Lessons in Cooking and Household Engineering courses — 4,000 pages, 1,500 illustrations, — a complete professional library.

This is only one of several professional and homemakers' courses included in our special offer. Full details on request.

**AMERICAN SCHOOL OF HOME ECONOMICS**
**503 W. 69th Street, Chicago**

**Please give information about your Correspondence Course marked X**

| Professional | Home Maker's |
|---|---|
| ....Graduate Housekeepers' | ....Household Engineering |
| ....Institution Management | ....Lessons in Cooking |
| ....Lunch Room Management | ....Full Home Economics |
| ....Teaching Domestic Science | ....Special Food |
| ....Home Demonstrators' | ....Special Health |
| ....Practical Nurses' Course | ....Special Motherhood |
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(Miss or Mrs.)

ADDRESS.....

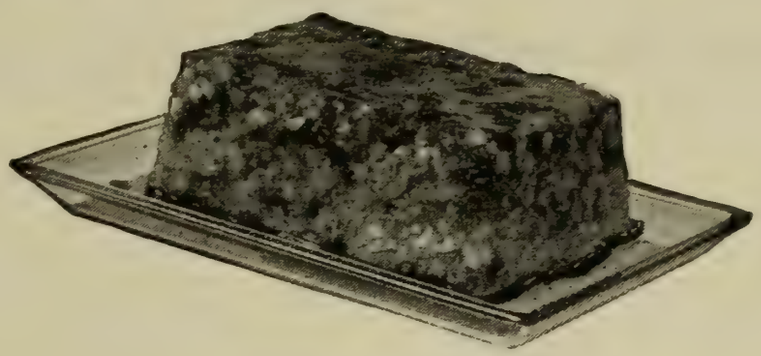
INFORMATION.....
(Age, schooling, experience, purpose)

# Mrs. Knox's Page

## DISHES THAT MEN LIKE

WE are always looking for dishes that will please the masculine taste — dishes which once eaten often reappear "by special request." In these Perfection Salad and Snow Pudding recipes you will find such dishes, for they have won universal favor with the men wherever they have been served — and I know they have been favorites in my own home for years.

Not only will the masculine members of your family appreciate these dishes, but you will like them too, because they are easy to make and may be made with syrup in place of sugar, when that precious article soars in price or is impossible to get.



### PERFECTION SALAD

**½ cup sugar or**
**½ cupful of syrup**
**1 teaspoonful salt**
**1 cup cabbage, finely shredded**
**¼ can sweet red peppers or fresh peppers finely cut**
**1 envelope KNOX Sparkling Gelatine**
**½ cup cold water**
**½ cup mild vinegar**
**2 cups boiling water**
**2 cups celery, cut small**
**2 tablespoonfuls lemon juice**

Soak the gelatine in cold water five minutes; add vinegar, lemon juice, boiling water, sugar and salt; stir until dissolved. Strain and when beginning to set add remaining ingredients. Turn into mold, first dipped in cold water, and chill. Serve on lettuce leaves with mayonnaise dressing, or cut in dice and serve in cases made of red or green peppers; or the mixture may be shaped in molds lined with pimentoes.
In my recipes no special molds are required; — any vegetable, china or glass dish will mold them nicely.

*NOTE: Use fruits instead of vegetables in the above recipe and you have a delicious fruit salad.*

### SNOW PUDDING

**½ envelope KNOX Sparkling Gelatine**
**¼ cup cold water**
**1 cup boiling water**
**¾ cup sugar or**
**¾ cup of syrup**
**¼ cup lemon juice**
**Whites of 2 eggs**

Soak gelatine in cold water five minutes, dissolve in boiling water and add sugar, lemon juice and grated rind of one lemon; strain and set aside; occasionally stir mixture, and when quite thick beat with wire spoon or whisk until frothy; add whites of eggs beaten stiff, and continue beating until stiff enough to hold its shape. Pile by spoonfuls on glass dish or put in mold. Chill and serve with boiled custard.

*NOTE: When syrup is used in these recipes in place of sugar omit ¼ cup boiling water from quantity given in recipe.*

### What "4 to 1" Means

My gelatine is preferred by home-makers because of its economy. One package of Knox Sparkling Gelatine will serve a family of six with four different salads or desserts for four luncheons or dinners, while the ready-prepared packages will do for only one meal. That is why experts call Knox the "4 to 1" Gelatine — it lasts four times as long, goes four times as far, and serves four times as many people as the ready-prepared packages.




### Special Home Service

There are many other ideas and "dishes that men like" and women, too, in my recipe books "Dainty Desserts" and "Food Economy." Send for them, enclosing a 2c stamp and mentioning your grocer's name.
Any domestic science teacher can have sufficient gelatine for her class, if she will write me on school stationery, stating quantity and when needed.

**Wherever a recipe calls for Gelatine — it means "KNOX"**

MRS. CHARLES B. KNOX

## KNOX GELATINE

107 Knox Avenue, Johnstown, N. Y.



## GOSSOM'S CREAM SOUPS




**In Powdered Form**

Split pea, Green pea, Lima, Celery, Black bean, Clam Chowder, Onion and (Mushroom 25c.)

**Quickly and Easily Prepared**

Just add water and boil 15 minutes. One package makes 3 pints of pure, wholesome and delicious soup. Price 15c at leading grocers, or sample sent prepaid on receipt of 20c in stamps or coin.

**Also "GOSSOM'S "QUICK-MADE" FUDGE**

will give you a delightful surprise. So easy. A 50c pkg. makes over a pound of the most exquisite fudge.

Manufactured by

**B. F. Gossom, 692 Washington St., Brookline, 46, Mass.**

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ROBERTS

## Lightning Mixer

### *Beats Everything*

Beats eggs, whips cream, churns butter, mixes gravies, desserts and dressings, and does the work in a few seconds. Blends and mixes malted milk and all drinks.

**Simple and Strong. Saves work—easy to clean. Most necessary household article. Used by 200,000 housewives.**

**A USEFUL CHRISTMAS GIFT**

If your dealer does not carry this, we will send prepaid quart size $1.00, pint size 75c. Far West and South, quart $1.25, pint 90c. Recipe book free with mixer.

**NATIONAL CO.** 165 OLIVER ST., BOSTON, MASS.

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## "Free-Hand Cooking"

Cook without recipes—a key to cookbooks—correct proportions, time, temperature, thickening, leavening, shortening, etc. 40 p. book. 10 cents or FREE if you are interested in Domestic Science courses.

**Am. School of Home Economics, 503 W. 69th Street, Chicago**

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**USED DAILY IN A MILLION HOMES**

## Colburn's
Red Label
## Spices

**The A. Colburn Co., Philadelphia, U.S.A.**

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## SERVICE TABLE WAGON




Large Broad Wide Table Top—Removable Glass Service Tray—Double Drawer—Double Handles—Large Deep Undershelves—"Scientifically Silent" Rubber Tired Swivel Wheels.

A high grade piece of furniture surpassing anything yet attempted for GENERAL UTILITY, ease of action, and absolute noiselessness. WRITE NOW FOR A DESCRIPTIVE PAMPHLET AND DEALER'S NAME.

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**5041 Cunard Bldg. Chicago, Ill.**

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## Send TODAY for Special Factory Price on 12,500 Rapids!

## Rapid
FIRELESS COOKER



Be one of the first 12,500 women to write me. Get my new special rock-bottom price on a Rapid. I've made these special offers before like the department stores do. The big difference is you get the lowest factory-to-kitchen price from me. Here's your chance to save money. Aluminum lined throughout—full set high-grade aluminum utensils with each cooker. 30 days' free trial before you decide. Saves 2-3 to 3-4 fuel costs, 1-2 the work. But you must write soon! Get my big Home Science Book Free—gives you all the details of my low price offer. Send post card NOW. **Wm. Campbell, Pres.**

**The Wm. Campbell Co., Dept. 173, Detroit, Mich.**

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## *Eat More Bread*

Bread is the most important food we eat. It furnishes abundant nourishment in readily digestible form. The fact that it never becomes tiresome though eaten day after day, is proof of its natural food qualities.

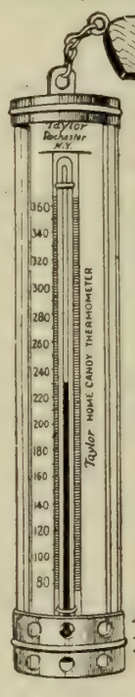
***Eat plenty of bread made with***

**FLEISCHMANN'S YEAST**

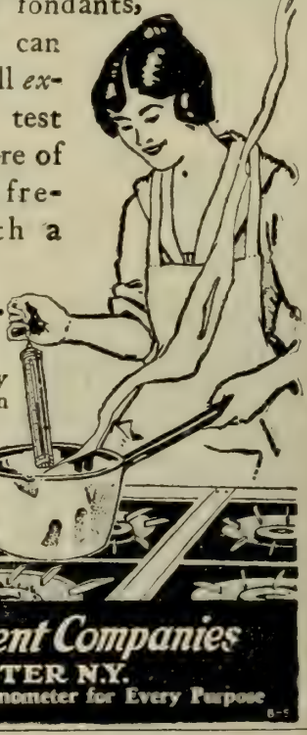
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# *Tycos*

## CANDY THERMOMETER




DELICIOUS creams, fondants, syrups—you can make them all *expertly* if you test the temperature of the batch frequently with a *Tycos* Candy Thermometer.



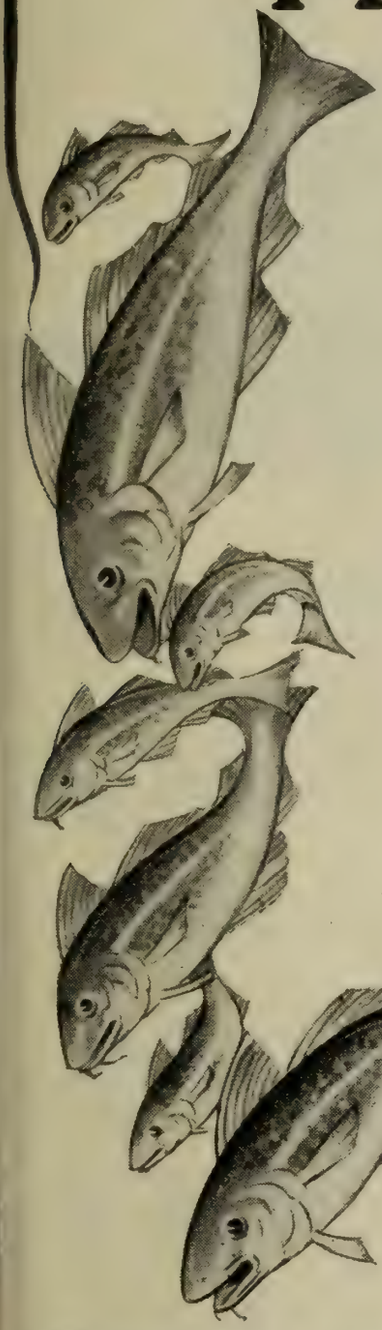
**Price, $2.00**

*Taylor* Candy Booklet, free on request; full of delicious recipes.

AT YOUR DEALER'S

**Taylor Instrument Companies**
**ROCHESTER N.Y.**
There's a *Tycos* or *Taylor* Thermometer for Every Purpose

# BURNHAM & MORRILL FISH FLAKES



Are perfect for preparing any number of appetizing dishes at small cost.

***Cod Fish Cakes*** ***Fish Salad***
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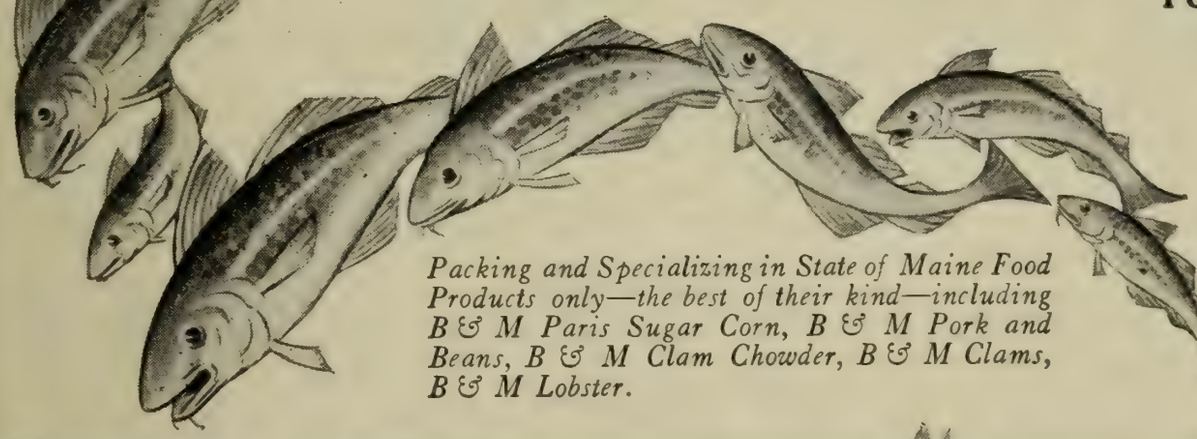
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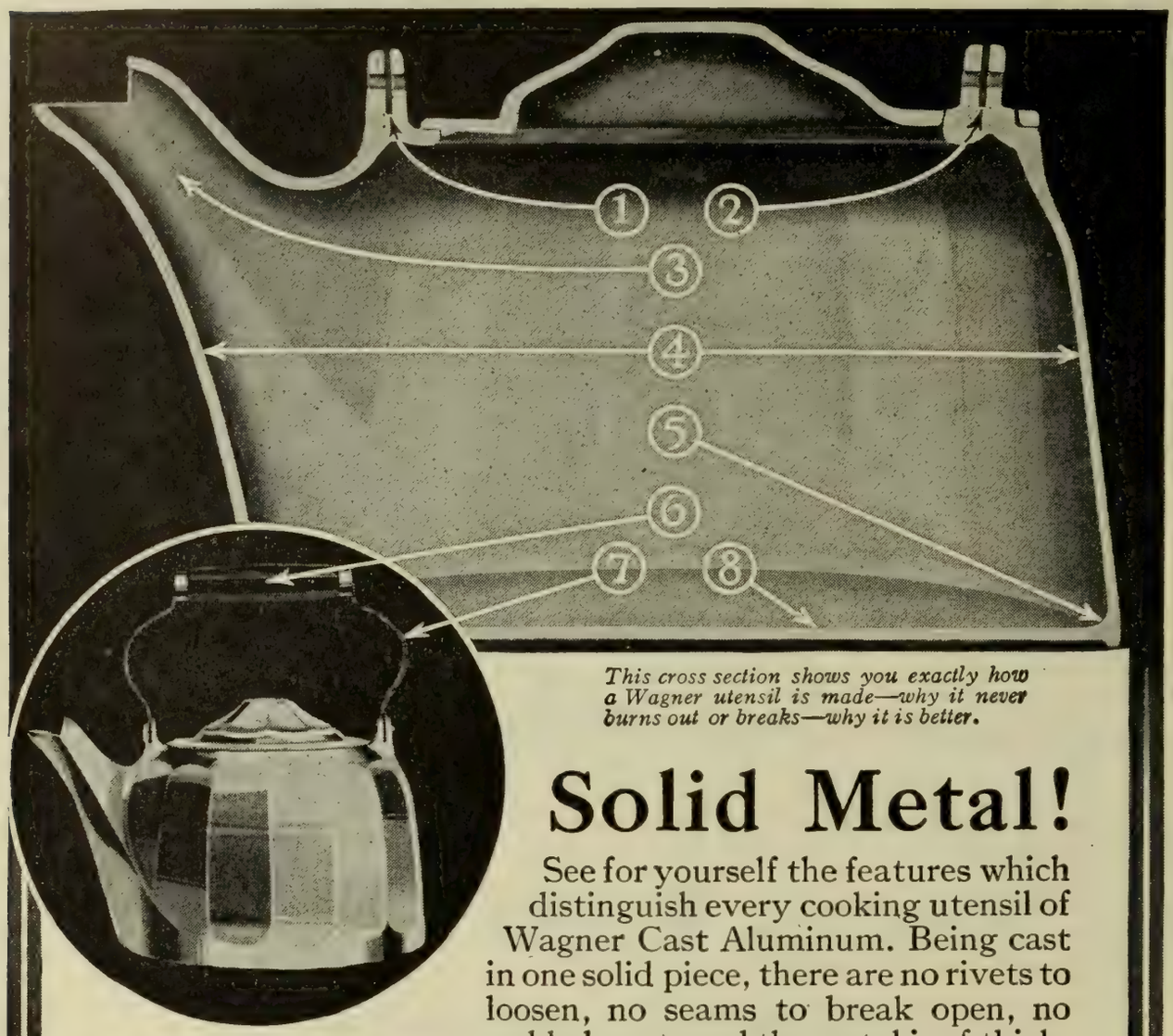

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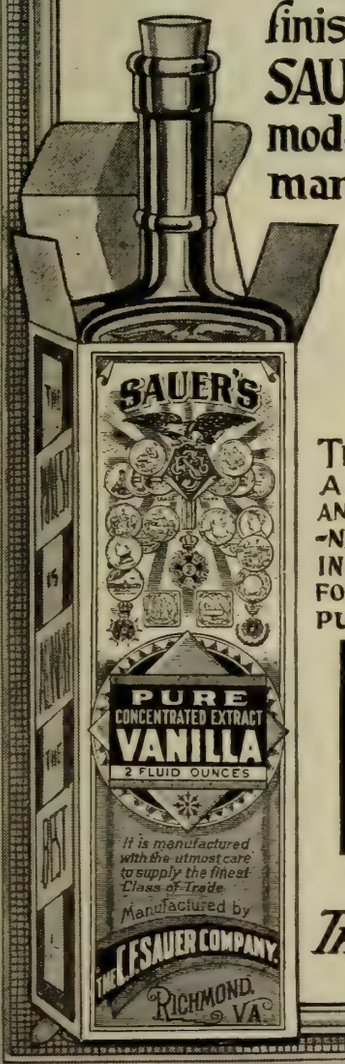
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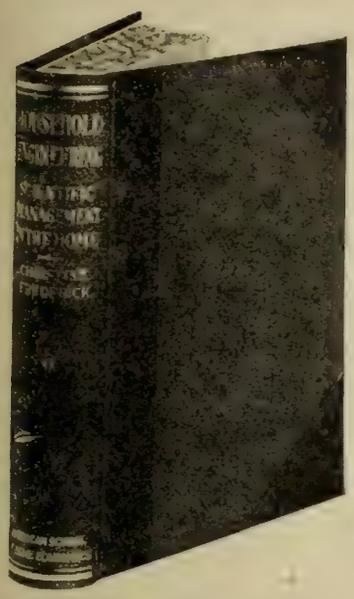
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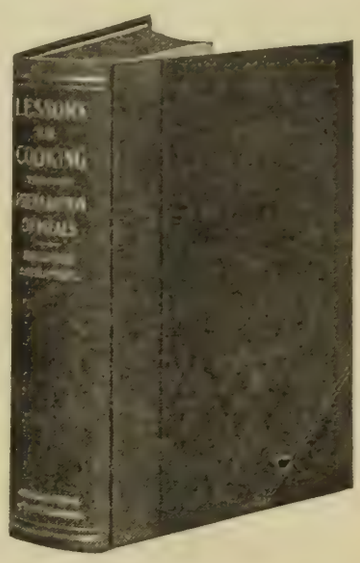
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# AMERICAN COOKERY

Vol. XXIV MAY, 1920 No. 10

## CONTENTS FOR MAY


| | | PAGE |
|---|---|---|
| COLLEGE GIRLS' VACATION WORK. Ill. . . | Priscilla Porter | 731 |
| THE PIE AT THE END OF THE RAINBOW | Mabel S. Merrill | 736 |
| ONE MISTY, MOISTY MORNING . . . . . | Ruth Fargo | 740 |
| THE EMPTY HOUSE . . . . . | | 743 |
| UTILIZING LEFT-OVERS . . . . . | Mary Bruce Washburn | 744 |
| AN HERB-BORDER, CULINARY AND MEDICINAL | F. M. Christianson | 745 |
| BREAKFASTS . . . . . | Mary D. Chambers | 747 |
| EDITORIALS . . . . . | | 750–752 |
| SEASONABLE-AND-TESTED RECIPES (Illustrated with half-tone engravings of prepared dishes) | Janet M. Hill and Mary D. Chambers | 753 |
| MENUS, WELL-BALANCED, FOR WEEK IN MAY . . . . . | | 762 |
| MENUS FOR SPECIAL OCCASIONS . . . . . | | 763 |
| GAINING TIME IN THE HOME . . . . . | Salina S. Martin | 764 |
| SOUP OF THE DAY . . . . . | Helen Bowen | 765 |
| HOME IDEAS AND ECONOMIES: — For the Young Housewife — A Fair Exchange — Cheese — Guava — Olives — Truffles — A Way to Save Soap — Little Bits — Table Etiquette in England — Vitamines . . . . . | | 767 |
| QUERIES AND ANSWERS . . . . . | | 772 |
| THE SILVER LINING . . . . . | | 780 |
| MISCELLANEOUS . . . . . | | 784 |




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# INDEX FOR MAY


| | PAGE |
|---|---|
| Breakfasts | 747 |
| College Girls' Vacation Work | 731 |
| Editorials | 750 |
| Empty House, The | 743 |
| Gaining Time in the Home | 764 |
| Herb-Border, Culinary and Medicinal, An | 745 |
| Home Ideas and Economies | 767 |
| Menus | 762, 763 |
| Miscellaneous | 784 |
| One Misty, Moisty Morning | 740 |
| Pie at the End of the Rainbow, The | 736 |
| Silver Lining, The | 780 |
| Soup of the Day | 765 |
| Utilizing Left-Overs | 744 |


## SEASONABLE-AND-TESTED RECIPES


| | | | |
|---|---|---|---|
| Asparagus, Molded | 754 | Pie, Rhubarb-and-Raisin | 758 |
| Asparagus with Buttered Crumbs. Ill. | 757 | Potato, Duchesse. Ill. | 754 |
| Banana, Broiled. | 754 | Pudding, Black Cherry | 761 |
| Bread, Noisette. Ill. | 757 | Rolls, American Crusty | 759 |
| Cake for Decoration Day | 761 | Salad, Cherry, with Cream Dressing. Ill. | 760 |
| Cake for May Queen | 761 | Salad, Pear. Ill. | 758 |
| Cakes, May Party | 759 | Sauce, Asparagus, for Roast Lamb or Chicken | 753 |
| Cheese, Delicious | 761 | Sauce, Horseradish | 754 |
| Chicken en Casserole. Ill. | 755 | Shad, Planked. Ill. | 754 |
| Chicken, Roast Spring, Stuffed with Ripe Olives | 756 | Soup, Asparagus-and-Chicken | 753 |
| Cream, Strawberry Bavarian. Ill. | 760 | Soup, King of Russian | 753 |
| Dasheen au Gratin. Ill. | 757 | Squab, Broiled. Ill. | 756 |
| Dressing, Cream Salad | 760 | Steak, Salisbury, with Horseradish Sauce and Broiled Banana. Ill. | 754 |
| Dressing for Pear Salad | 758 | Tart, Strawberry Cream | 758 |
| Kisses, Oatmeal | 754 | Waffles for May Breakfasts | 753 |
| Onions, Stuffed. Ill. | 756 | | |


## QUERIES AND ANSWERS


| | | | |
|---|---|---|---|
| Beef, How to Corn | 774 | French Pastries, Popular | 772 |
| Beef, How to Spice | 774 | Luncheon, Wedding Buffet | 772 |
| Coffee, How to Make Good | 774 | Paste, Marshmallow | 776 |
| Cookies, Chocolate | 778 | Pastry, French "Leaf" | 772 |
| Cookies, Drop | 778 | Pork, How to Pickle | 774 |
| Cooking at High Altitudes | 776 | Sugar and Corn Syrup in Canning | 776 |



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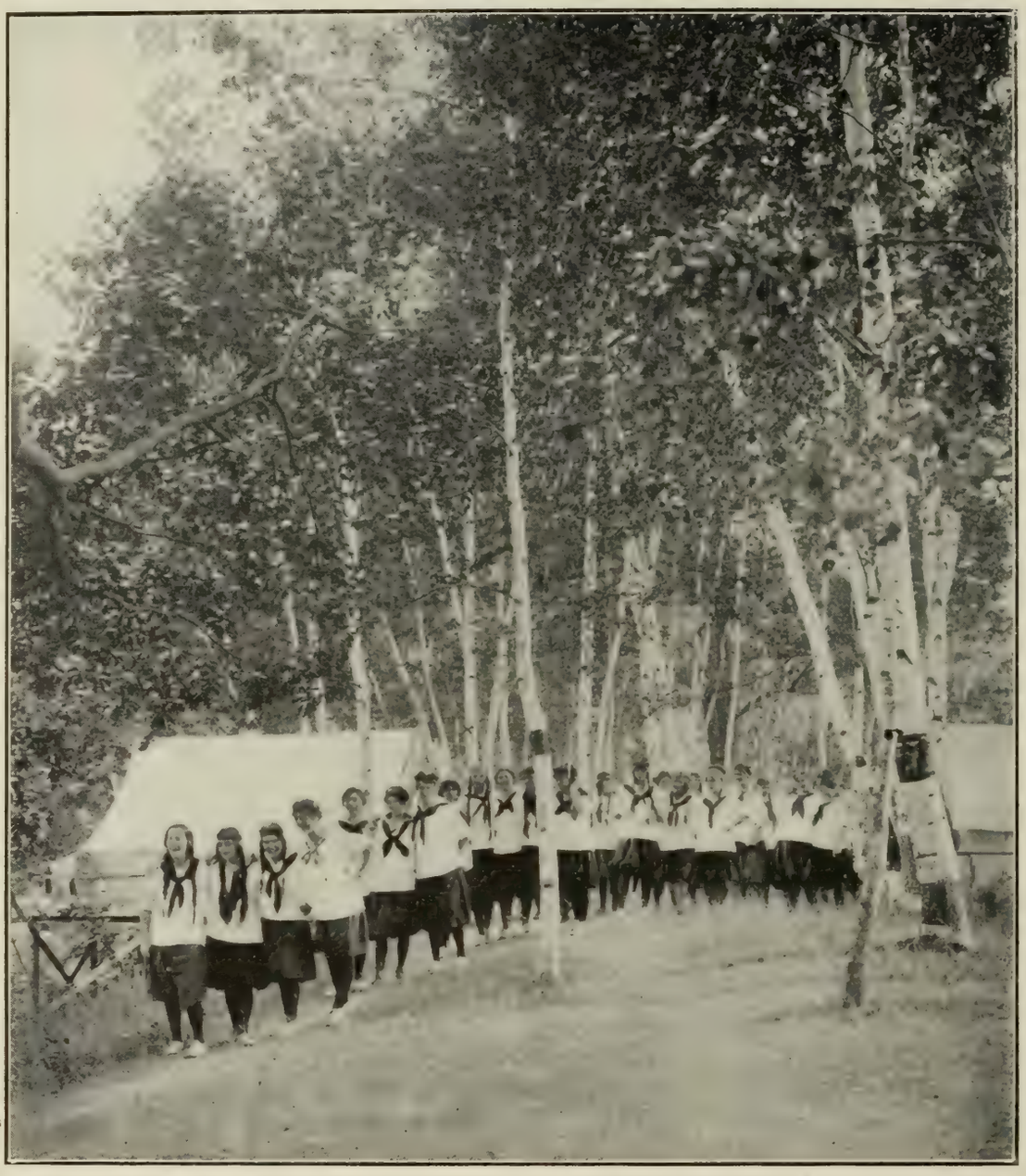
## The Call of the Spring

Like the horn of the hunter sounding
Far and faint from the hill,
Setting the red blood bounding,
Making the pulses thrill,
With her fairy pipers playing
Their mad and merry glee,
The white Spring goes to the Maying,
And she calls to the heart of me.

Sweet are the notes of the veery,
That will o' the wisp of song,
Witching and wild, and cheery,
Luring one's feet along.
And I would be glad to follow
To the world's end, if need be,
For he calls from each tangled hollow,
To be up, and away and free.

But only my heart goes straying,
From the din of the city street,
And I only dream of the swaying
Daisy-starred meadows sweet.
And only my fancy lingers
Where the wild white hawthorns blow,
When Spring with her fairy fingers
Has garlanded them with snow.

— *Christine Kerr Davis*



BREAKFAST HOUR. "WE ARE HUNGRY"

# American Cookery

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## College Girls' Vacation Work

By Priscilla Porter

WHERE, oh where are the sweet college girls, and what, oh what do they do? One may well wonder when passing through deserted dormitories or the student quarters of any city during vacation time. And it does seem as if one can find them everywhere doing the most unexpected kinds of work. Sometimes unexpected, because of its peculiarity or unusual aspect, and sometimes surprising, because of its very prosaic nature.

Each year the number of self-supporting college girls increases. Most of the students find it easier and more convenient to earn the necessary funds by putting their summer "vacation" to good advantage. Then they sometimes find, unexpectedly, that the problems they face and the lessons they learn in just that short time are of almost as much value as the whole academic term.

No matter what sort of work they may do they are almost sure to learn as never before the proper valuation of time, self-reliance, which one must cultivate, and a knowledge of people acquired by contact with them in the struggle to make both ends meet. When they, finally, go out into the world these things will give them an advantage that enables them to forge rapidly to the front and in whatever field of effort they engage most of these girls are able to out-dis-



DESPITE RAIN THE TOURISTS GO OUT ON EXCURSIONS

tance their competitors who have had their college expenses paid for them. To-day the girl who earns her way through, acquires a certain dignity and superiority in the eyes of her classmates of which she herself is, usually, entirely unaware.

Then, too, for those who are making definite plans for a career, summer work gives them a splendid chance to "try their wings." For those who have not yet decided just what they do wish to prepare for, it is an opportunity to get into some business for purposes of observation. Although her work may be very detailed and almost mechanical, yet an observant girl can quickly analyze the situation and decide whether or not she is suited for that particular branch of industry.

Insurance offices, banks, department stores, etc., need clerks during the summer months to take the places of those on vacation. The work is simple and not too trying, very often leading to something better when school days are over.

Colleges themselves require even a larger force in the summer than in winter; assistants in the registrar's office, typing, getting out report cards, library work, and if there is a summer school, several extra workers are needed.

Text-book companies are rushed all through the summer getting out school books, so in their offices and proof-reading departments a number of college girls are frequently employed.

Most college girls like to combine work and vacation and for them hundreds of opportunities in special summer work are waiting. While traveling in the White Mountains last summer I met an athletic young girl from one of the colleges near Boston. She has always been fond of out-door sports and was captain of her college basket-ball team. With her father and brother she had often tramped through the woods and climbed the mountains of the district around their



THESE OILSKINS ALLOW WALKS THROUGH THE WOODS



ARTS AND CRAFTS ARE TAUGHT DURING VACATION

summer home until she grew to know the district thoroughly. Visitors at a hotel near her cottage were always walking aimlessly about the country and it suddenly occurred to her that there was her chance to use her knowledge of the country to good advantage. The hotel proprietor was delighted at the prospect of any novel scheme to please his guests and gladly co-operated with her plans. She was no ordinary guide, but took a decided interest in planning those expeditions which were, really, as much a source of pleasure to her as to the travelers. She never allowed the parties to be so large as to be unmanageable and the very fact that numbers were limited served to arouse greater interest, for who will fail to become curious about any scheme where there is a possible suggestion of exclusiveness? This summer she is planning to take an assistant with her, for those walks have become quite famous. There must be many girls with similar knowledge who simply have never thought of the chance of putting it to practical advantage.

For those who have no unusual accomplishment, but who desire to go away from the city in summer, it is well to consider the plan that will give the largest and surest returns. I should always advise such a girl to take some "resident work" where she will be sure of her room and board; then she may consider the earnings as clear profit and thus save a good deal of planning. Nowadays, practically every summer and seashore resort is all bought up for the season several months ahead and it is difficult to get accommodations later. This sort of work, of course, includes the usual "jobs" of waiting on table, running tea-rooms, clerical, in fact any sort of hotel or tea-room work. To get the best places the wise girl will begin long before "cramming for finals" is upon her to find such a place, for the more exclusive hotels and tea-rooms do not wait until the last minute to find their workers, and, also,

there is not such a rush of applicants in the early months. If a girl decides to do this sort of work, she must be sure that she has the strength to carry it through, because there is nothing so disastrous as to work on one's nerve all summer, and then try to concentrate on brain work again in the fall — too many have fallen victims to this bad calculation not to consider it seriously.

Wealthy people are glad to know girls who can be trusted to take care of their children, not as nurses, but as governess or companion. This is a splendid chance to get room and board with pleasant surroundings and plenty of chance to have healthy outdoor play with the little ones. This work is especially suitable for college girls, because it is often necessary to combine tutoring with the work.

College girls are in demand as counsellors and leaders at summer camps, managed by the Y. W. C. A. and similar associations. Here the board and lodging is given and a moderate compensation, together with plenty of outdoor life and good times. At college one learns a great deal besides theories and at these camps it is often the "trimmings" that are in demand. Industrial concerns are now taking up the plan of having summer houses for their employees and it is often deemed advisable to have a college girl who can give her whole time to planning pleasure trips, swimming, athletics, and rainy-day socials — in fact to be the all-round leader — so that not a day of the working girl's vacation need be spoiled, because she was strange or didn't know the country. In such work as this the thorough, sensible, outdoor type of girl is well suited.

For the girl who loves children and can be happy in playing with them, settlement houses in the city often require the services of young girls to take the little folks on daily or weekly outings to near-by parks or seashore resorts. Playground work also has an increased



EVEN SOCIETY GIRLS DO NOT MIND WEEDING



A COMMUNITY PLAY

need of workers in this season than in the winter. By doing this sort of work the girl is doing a real community service.

Chautauqua Circuits demand a number of trained people in any number of positions as teaching, clerical, lecturing, recreational, kindergarten, social, etc. Work of this type brings the girl in contact with thousands of people and an opportunity to see the country.

Now that Community Pageants are becoming increasingly popular, girls with a Liberal Arts or Music training can almost create her own work.

There are hundreds of odd jobs at hand that simply haven't been thought of, because of their very obvious call. Isn't it strange how we will puzzle our brains and search and search for something unusual when the very thing is right at hand waiting to be done? One girl who lived in the city earned enough pin money to carry her through the winter by packing trunks for people who were going away and hated, as most of us do, the very thoughts of getting ready. They were very glad to find somebody who actually enjoyed the dreaded task and were quite willing to pay a very fair sum for the work, the price varying with the size of the trunk and kind of things to be packed.

There are very few people gifted with the "straight eye" necessary for the successful hanging of pictures. Many a well-planned room is spoiled by the inability of the housekeeper to hang the pictures properly. If one is blessed with this ability, why not capitalize it? Many a young bride or exacting housewife would be glad to find some one to assist in the planning and decorating of her home, especially in the picture hanging. Such a small beginning might lead to far more profitable things later on, if the girl shows an aptitude for interior decorating.

Farmerettes are no longer a crying necessity, but their work during the war has opened the way for others in this new and highly beneficial work. Hard labor and outdoor air may not at first seem appealing, but the benefits, physically, are more than recompense. It is very difficult for small gardeners to get men to work for part time, and many who are trying to raise just enough for their own use through the winter find it extremely difficult to get the weeding and other odd jobs done properly.

Several girls near here go out week-ends during the spring to the country home of a friend and help in the planting, then in the summer continue their work for about three or four days a week, earning two dollars a day besides room and board.

It would be almost impossible to attempt to tabulate the varied odd jobs college girls could find to do in the summer months that would be a boon to others as well as a source of income to themselves, if they will only use their eyes and then go to it—determinedly.

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# The Pie at the End of the Rainbow

By Mabel S. Merrill

DR. CHARLES LEVERETT, subsiding into his place at the end of the long, vacant dining-table, looked very young to be the head of the modern language department in a college — even so new a college as Kenniston. Also he looked at this moment so savage that the secretary from her desk in the next room eyed him anxiously from afar and then came out to join him.

"What's the matter, Charles?" she asked. The secretary was Dr. Leverett's sister — which was why he was taking his meals at the public dining-room of the local Y. W. C. A.

"Matter?" he growled. "If you knew the Goodspeeds, you'd know there was plenty the matter. I never would have come down to tackle this new job, if I'd suspected what a trick they were going to play me the very first thing. Why, what's the matter with *you*, Edith?"

It was his turn to ask the question as the secretary stiffened and glanced at a seemingly inoffensive waitress who had come to take the order. Miss Leverett waited till the girl had gone, then her wrath, too, burst out.

"Don't speak the name of Goodspeed in this house, Charles Leverett! They can't have served you any worse than they have served me. What have they done in your case? Do you mean about the summer school?"

"No, of course, I knew about the summer school before I came. I agreed to take charge of it, though it's lonesome business with all the old members of the faculty away. I was going to spend the time getting acquainted with 'em, but there's only a row of empty houses left. What do you suppose the Goodspeeds did the last minute?"

Edith gazed at him with a hopeless expression. President and Mrs. Goodspeed were the joint heads of Kenniston College — for the lady was decidedly one of the managing sort.

"Well, they've contrived to cripple me in my regular work for no-knowing how long," explained the professor of modern languages. "Took the star teacher in my department and shipped her off to a better paid position in New York. I hadn't had time to so much as get my eye on her. She's a wonder, that girl. I've been hearing of her for two years back. A thorough scholar with a regular genius for teaching. Now I shall have to put up with any sort of hack they can pick up for me in the fall when college opens."

"But maybe they couldn't help her going, if she got a better-paid position," suggested Edith.

"Yes, they could. She's their niece and they could have persuaded her to stay for the good of the college, if they'd had a mind to. But look here, Ede. I don't see what you can have to do with the Goodspeeds. Thought you told me you hardly knew them."

"So I don't, thank fortune! I have only a bowing acquaintance with the

lady and that was forced upon me. A 'Y' secretary can't help herself, always. Well, you see it's this way: We've been so desperately hard up for help in the kitchen and dining-room that I telephoned to Mrs. Goodspeed just before she started west, to know if there were any self-supporting college girls who would like to come and work through the summer vacation. I took all kinds of pains to explain that a girl who could cook would be worth her weight in gold. Then what did the woman do but send me her own daughter — 'the stupid Vick Goodspeed,' I've heard she is called. Her mother explained that she was inexperienced, but would give her services in such a good cause, and we could teach her. Of course, the woman's idea is that it doesn't take brains to be a cook, — any fool can do that! We couldn't refuse the offer, of course; so we'll have the girl running amuck in the dining-room and kitchen all summer."

"Seems a light-hearted way of getting rid of one's only daughter before going off for a vacation," meditated Charles.

"Exactly! That's just why they did it. The girl's impossible, they tell me. She has failed at everything and they're mortified to death about her. Take a good look — here she comes with your order."

The seemingly inoffensive waitress brought the tray and deposited each separate dish with exaggerated care. Yesterday she had grazed the door casing and dropped her tray, as every new waiter is supposed to do.

"I came down on her for carelessness just as if she'd been paid help like the rest of them," Miss Leverett explained when the girl had gone. "I wanted to let her know that a college president's daughter gets no favors here. But she didn't seem much impressed. Stupid people are apt to be brazen and she can make her face just as hard as a mask."

Dr. Leverett shrugged his shoulders. "Don't be too high and mighty, Ede. She's only a little thing and maybe she didn't want to be farmed out as a waitress. Only, being a chattel, she couldn't help herself. Speaking of favors, she can't have had many at home, either. If that mask of hers should accidentally get some kind of a light behind it, she would be rather pretty, don't you think?"

For several days "the stupid Vick Goodspeed" continued to wait on Dr. Leverett with the care and precision of a wooden dummy operated by wires. Then she disappeared so suddenly that he asked his sister how the girl had been made away with.

"Why, she's still in the kitchen, but she unexpectedly developed a sensible streak. She saw that we were having a perfectly awful time to get the cooking done. The pastry cook's latest assistant goes off every third day and we have to get another before dinner, if we can. So Vick started in to help where her help was most needed. She said she knew a little bit about cooking and could learn more. So she goes over every single evening for private lessons at the cooking-school at Buford. Daytimes she experiments in the kitchen, and already she is able to help. In fact, she seems to take to it like a duck to water. I don't understand it. It's always been my theory that no stupid person could be a good cook, and I know I'm right."

"Well, then, it follows that the girl isn't as stupid as she has been made out. Her respected parents are a couple of intellectuals swells — heavy swells that go over everything in sight like a steam roller. That's a mixed metaphor, but you see the point. They think nobody amounts to anything unless he or she is a prodigy of scholarship. Likely as not they tried to make the girl into the greatest mathematician of the age or something of that sort, and pronounced her a hopeless case when they couldn't do it."

"Other people have called her stupid," rejoined Edith. "It seems to be the unanimous opinion that she is terribly dull."

"Opinion can be pretty badly mistaken about a young person," insisted Dr. Leverett. "I tell you I saw signs of a spark or two behind that mask of hers the very first day."

"Maybe the two pieces of pie you ate for your dinner to-day have had a softening effect on your judgment," suggested Edith. "Only, I don't know as I told you that Vick made it."

Dr. Leverett's hours of work at the summer school, which was being held on the deserted campus, were such that he was generally the last one in the dining-room. One day his orders brought such meager results that he decided a famine must have descended on the house. He was about to rise and depart when Vick came tripping in from the kitchen with something on a tray.

"They've eaten us out of house and home," she announced. "I heard the Wolf growling on the back doorstep when I served the dessert. All the same, I was determined you should have this, because you can't come in time to get your share of things."

"What is it?" inquired the young man, regarding with favor the little round dish she had set before him.

"It's a kind of glorified custard pie. I think custard-making appeals to my imagination more than cake-making, it's so full of possibilities. This is only natural custard Burbanked, so to speak. Just a few little changes and it seems a new dish altogether. It went like ice-cream. I shall have to make lots more next time."

Dr. Leverett sampled the custard thoughtfully. "It's great," he pronounced. "Look here, are you having a good time with this volunteer work in the kitchen? It's all right for me to ask, isn't it, seeing that we both belong to the college?"

"It's perfectly all right. And I'm having the time of my life. If I'd ever suspected what fun there was in cooking, I'd have gone in for it long ago, for all I was worth. It's like blundering into a land of romance and adventure that I didn't know existed. You've worked in a laboratory, Dr. Leverett?"

"More or less, in my college days," he assented.

"Well then, you know the fascination of combining things and seeing what they will do. Cooking is like that, only it's clean, sweet material you work with instead of horrid smelly things that turn weird colors and blow you up, if you don't look out. It's the same kind of adventure you get. I always understood the lure of chemistry, though I never liked laboratory work on account of the smells and the blowings-up. But in cooking you can have all the fun without any of the disagreeables."

Charles finished his custard and went to find his sister.

"Your girl Vick," he told the secretary, "is about as dull as an electric sparkler. You're not sorry now that you accepted the loan of her from her respected parents?"

"Sorry! O Charles, she's a living wonder! She is helping us through what promised to be the hardest summer since we opened a public dining-room. It isn't only her help with the cooking, though she is getting along fine with that, and the principal of the cooking-school says she never had such a bright pupil before in all her experience. Besides that, she seems to know exactly what to do in an emergency and the kitchen squad follow her as if she were their general instead of only a volunteer helper. Somehow there is harmony in the kitchen where there used to be squabbling and factions. It's all Vick's good-nature and a kind of magnetism she has — I suppose you haven't noticed it, but she is magnetic. I take back most of what I said about the Goodspeeds, though I surmise they didn't know what a favor they were doing us when they sent us that girl. Stupid, indeed! Didn't I tell you she could never have learned to cook if she'd been stupid?"

It had soon become the custom for

Vick to appear in the empty dining-room with some special dish she had saved for Dr. Leverett. The dignified secretary smiled to herself as she saw how her brother contrived to detain the girl while he consumed her offering. They soon became such good friends that Vick was ready to tell him all her "adventures" at the cooking-school. It was all she talked of, in fact. She seemed to have utterly forgotten her past and to have let slip all thought for the future in this fascinating new world she had "blundered into."

"I don't believe I'll ever accomplish anything again that will seem so splendid to me as inventing this dish," she said once as she set before him what she called a glorified custard pie. "I really did invent it myself, that is, I got it by varying the rule according to my own ideas. It was quite thrilling when all the girls came to taste and admire and exclaim. I felt like Columbus and all the great brotherhood of discoverers. Oh, I'll never forget this summer, anyway. It's as if I'd been to the end of the rainbow and found a pie instead of a pot of gold. There, Dr. Leverett, perhaps you can't understand anything that sounds so kiddish."

"I'm beginning to understand that you're a poet," he assured her. "You'd find the gold at the end of the rainbow in some form, whatever you were doing. I mean you'd put the same fire of enthusiasm into everything you undertook, and, of course, you'd discover wonderful new worlds wherever you looked. But for heaven's sake," he added quickly, "don't look anywhere else yet awhile."

The summer vacation was nearing its end when Vick, pink-cheeked and starry-eyed, came into the dining-room one evening with no pie to account for her appearance there.

"I just slipped in to tell you, seeing it's the last night I'll be here in the house," she began breathlessly. "They want me to come to the cooking-school as pupil-teacher and stay there! Think of the honor of being wanted for a place like that when I'm only a beginner. I did feel so set up, I had to come and tell you. Oh, some people pretend they don't care about honors, but I haven't had enough in my life to be so high and calm about it."

"No, I suppose you haven't," agreed Charles absently, remembering the "steam roller" parents. "I suppose you want me to congratulate you," he added; "well, then I will and get it over, but I don't think it's very complimentary of you to be so plainly glad to get rid of our company."

"Whose company? Oh, I'm not going to get rid of your company — that's the worst of it. There, I only mean that I can't accept the offer, much as I'd like to. It's just one of those little shining gates of opportunity that open and let you look into a pleasant flowery place where you are never to be allowed to live. Don't you wish sometimes that we could have three or four lives at once, all different?"

Charles did not go into this purely abstract question. "You can't accept?" he repeated. "I'm mighty glad of it, but why can't you?"

Vick stared at him and her eyes began to dance. "Don't you know?" she demanded. "Haven't you, honestly, known who I was all this time?"

"Of course, I have. You're President Goodspeed's daughter" —

"No, no, I'm his niece. Oh, now I see. You thought it was I that went to New York?"

"Certainly I did — that is, I thought it was Miss Victorelle Goodspeed who had 'resigned her position in the modern language department to accept a remunerative post in New York.' That's what the paper said; I read it as I came down here on the train."

"Yes, so I did resign. A distant relative, who is fearfully rich, offered what seemed to us an immense salary if I'd come as companion, and Uncle and Aunt thought I'd better go. But when I

found how my poor cousin felt about being left here alone all summer I persuaded them to let her go and try it and I came here. I didn't tell Miss Leverett the difference. She didn't know either of us and wouldn't have cared; she only asked for a girl; she didn't say what girl."

"And is the other Miss Goodspeed planning to stay in New York?" asked Dr. Leverett.

"Oh yes, Vick has made good and I'm so glad. You see she's Vick too. We're the same age and they named one of us Victorine and the other Victorelle. Even at this late day I can't quite bring myself to forgive them."

"Then you're going to be my assistant this year, after all?" demanded the professor.

"Why, I haven't asked them to take me back, but I guess they will. Poor little Kenniston is as hard up for teachers as she is for everything else. It's that way, of course, when a college is new. I'm going to stand by if she wants me."

"But you're not really sorry to stay?" persisted Charles jealously.

"Of course, I'm not. I love teaching and I've always been happy at Kenniston. Only I couldn't help wanting to go in at that little shiny new gate."

"There are gates and gates," proclaimed Dr. Leverett. "The woods are full of 'em, as you might say. You'll have a chance to open plenty of new ones before you get through. Well, look here, Miss Vick, if it's your last night in this house, can't you spare a fellow a piece of that pie you found at the end of the rainbow?"

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# One Misty, Moisty Morning

## By Ruth Fargo

THAT is just what it was — one misty, moisty morning out in Oregon. Young Mrs. Dorothea Dent scowled as she tightened a sink faucet that would drip, drip, drip in spite of her utmost effort — Jerry had gone and forgotten to fix it! — and shut the kitchen-dining-room door with a vicious little slam. She did not dare slam too hard or the pretty blue china might come quivering down from the plate rail, and that particular blue china had been a wedding present.

But she went straight through the house and out to the front porch, winding a filmy scarf around her head as she went, down the steps, across the street, and into Aunt Anna's house, with just a little warning knock on the front door — Aunt Anna who was just a neighbor, and "Aunt Anna" to everybody. Some people are like that. Aunt Anna was.

"Well, do say!" exclaimed Uncle Jonas Atwood who was toasting his toes at the cheery grate, "if here isn't Mis' Dent, shivering like a little lost kitten."

"Come up to the fire, honey; pull up the little oak rocker. Jonas an' me are just a-warming ourselves up a mite 'fore dinner-getting time," said Aunt Anna. "It is sort o' chilly this morning."

"Oh, a body don't mind if they're busy about," argued Uncle Jonas. "I wa'n't cold. I just come in to see if Anna knew where I put the sack needle last time I used it." Jonas Atwood chuckled to himself. "I sort of dropped down here by the fire while she was a-thinking where'bouts that needle could be."

"If I was Aunt Anna, I'd make you remember where you put your own things," scolded Dorothea with a smile that contradicted her words.

"Sho!" Uncle Jonas leaned comfortably back in his chair. "Now that treatment might do fine for Jerry, but for an old man like me — Sho! You wouldn't be after advising Anna —"

"Pa, do hush up your nonsense,"

sputtered Aunt Anna. "And you might go look 'n the medicine chest. Seems to me I did see that sack needle in there some spell ago. If it ain't there, why —"

Aunt Anna's voice trailed off as her spouse departed to inspect the suggested locality, and she turned to her little neighbor from across the way.

"Now what is't?" she asked. "You look like 'twas something."

"It is," wailed Dorothea. "I guess we've all got troubles of our own. . . . Mine? . . . Oh, I just naturally hate to keep house this morning. I do. So there!"

The young neighbor flung her hands out toward the fire with a little gesture of ultimatum. There was a new scratch across one forefinger that might have got there in goodness-knows a dozen different ways, and a perfectly fresh burn on top of one slim white thumb.

"In the first place, I've got to get dinner. And I don't know anything new to cook. I've cooked the same things over and over and over and over till I'm nearly distracted. I hate 'em. I'd think Jerry would, too. But he don't seem to mind a bit," with a little exasperated laugh. "Maybe because he don't have to do the cooking.

"But I mind — oh, I mind like — 'like tunket,' as Uncle Jonas says. I'm just clear sick of my own cooking. I didn't know anybody could get so eternally sick of things they cooked themselves for themselves. Why — why, I feel like I'd been eating my own cooking for ages — aeons — oh, so long I don't remember when I didn't," disgustedly.

Aunt Anna chuckled, a little sympathetic chuckle.

"You been a-keeping house, you'n Jerry, since a year ago last June," she observed, "my memory playing me no tricks."

"And you — *you*," admitted Dorothea contritely, "have kept house thirty years, or so. *How do you do it* — and not go absolutely distracted? I'm sure I shall. And no girl ever had a dearer home, or a more appreciative husband, or better neighbors, or — or — *anything*," emphatically. "It must be *me* — what is the matter with me?" blazed the young girl-wife. "It's the cooking that gets me. Because — because — it *comes so often*. Three meals a day! Think of it! What do we have to eat so often for?" crossly. "Now if I had to cook one perfectly beautiful meal just once a day — once a day — once a day," dreamily. "I know I should succeed famously. But three times — that's the thirdly. I've already told you my firstly and secondly, and there's just the thirdly and no more. Too many meals tucked into too few waking hours. I don't know how to manage. Oh — of course it is me."

There was a little break in the girlish voice that went straight to the heart of the older woman.

"There, there, there," she crooned. "Don't worry. You'll come out all right. There's a good lot of things for a body to learn 'bout cooking, and keeping house. I feel like I ain't got 'em all learned yet. And you've just started. Just started —"

"And balking at the first hill to climb —" There were tears very near to the blue eyes.

"All you need is to get your breath once. You'll manage the hills and the hollows," promised Aunt Anna, with comforting assurance. "But for this one time you do just as I tell you. Go home and write a little note for Jerry, and pin it where he is sure to see it, and then come back here for dinner. You and Jerry both. You're to tell him that in the note. . . . Oh, honey," added Aunt Anna at the protest of her young neighbor, "this ain't any comp'ny dinner. You're just dropping in like home folks. And taking pot-luck with two old folks who'll be tickled to death to have you come. . . . Why, of course you'll come. . . . No, I don't consider you hinted a-tall, child; I'm just telling you to come over here and stop cooking for a day.

To-night you just get corn-meal mush with milk. And nothing else! Don't bother to fix up a regular menu. . . . And by to-morrow you'll feel as fine as silk, and as good as new," finished Aunt Anna. "All you need, *just now*, is a day off. And something a little different."

Just as the slip-slap of Dorothea's flying feet ceased echoing across the hall Jonas Atwood poked his head in from the kitchen.

"I found that sack needle. It was in the medicine chest," he called, "though how it got *there* beats me. I vum, it do."

"Easy. You put it there," scorned his wife. And then: "If I'd really 'a' known we'd have extra for dinner I wouldn't 'a' planned a carrot dinner, not exactly *planned* one. I guess it kind a happened so, anyway. We ain't exactly s'posed to have carrots three ways to oncet," went on Aunt Anna musingly, "but I guess it won't really hurt us, not so's a body'd notice it. Anyway —" little laughing wrinkles trekked up to the corners of her eyes — "it will be *different*. And that's what I told Dorothea she needed."

"Carrots?" questioned Uncle Jonas; "going to have carrots for dinner? I thought I smelled something extra good."

"Carrots cooked in a casserole with that bit of brisket you brought home last night," assented Aunt Anna. "With an onion and a sprig o' parsley to season. And broth enough for a good gravy. We wa'n't going to have anything much else, 'cept boiled potatoes—" doubtfully. "And it's all most done, too. I won't have time to fix up much extra."

"Who wants anything extra?" scoffed Aunt Anna's satisfied husband. "That dinner sounds good to me — I'll bet my old hat it'll sound good to Jerry Dent, too. Good enough dinner for a king," added Uncle Jonas, starting off with his sack needle and trailing a long thread of twine behind. That it caught in the shut door and broke bothered him not at all. Aunt Anna absently picked up the ends and put them in the stove.

A few minutes after when Dorothea Dent rushed in, all smiles and vivacious chatter and youthful charm —the doldrums absolutely vanquished for the day — the older woman had the table already set, set for four. It seemed very white and sparkling with clean linen and glass, and carried an air of simple, old-fashioned hospitality.

"Can't I help some?" urged Dorothea.

"Uh-huh," admitted Aunt Anna. "Put a curly lettuce leaf on each of those little salad plates." Aunt Anna was grating up raw carrot.

"Um — oh, but that looks good," lilted the girl, her head tilted to one side like an inquisitive sparrow. "What is it for?"

"Salad," said Aunt Anna. "Carrot salad. Put a big spoonful on each lettuce leaf. Then scatter a teaspoonful of these chopped nuts over it, and top with a good bit of this boiled dressing."

"How pretty!" exclaimed the younger matron. "And how easy. Why — I've carrots in my back-yard garden, but I never made a carrot salad."

"There's time enough yet—if Jerry just likes it," suggested the motherly hostess.

"Jerry'll like it," said Jerry's wife. "He likes carrots — he'll pull one up out of the row and eat it raw. . . . And he likes salad."

"Lots of men don't. Jonas had to learn," sagely.

"They all ought to learn, the men, if they don't —" laughed the young wife. And then: "This boiled dressing isn't like mine. Do you happen to remember what you put in it, Aunt Anna? Without looking it up?"

"I guess I do," affirmed the older woman. "Many times as I've made it. It goes like this:

"One beaten egg, one tablespoonful cornstarch, dissolved in a little cold water, one level teaspoonful dry mustard, two teaspoonfuls salt, sprinkle cayenne pepper, one cup milk, one-half cup mild cider vinegar, two tablespoonfuls butter. That is all there is to it," affirmed Aunt Anna. "Mix it up well with an egg

beater and cook till thick. If you set it right on the stove, you need to stir all the time, but you can use a double boiler, if you want to. It is real nice, and it will keep a long spell, specially cool days. . . . No, I don't put in a bit of sugar. Some do. I don't. We like it better without, Jonas'n me. . . . . Now dinner's ready. And there comes Jerry. He's found your note all right. . . . Yes, I'd take it kind, if you *would* go out and holler up Jonas. Why a man wants to be late to a meal beats me. But Jonas allus is, specially when he ain't much to do but putter about. Seems like he might be on time them times of all times, but he ain't. Men have got queer streaks, the best on 'em, if I do say so."

It was a good meal, if it was a "carrot dinner," and it was well on its way, and genuinely enjoyed by everybody, when somebody said: "Please pass the orange marmalade. It is so good I must have a second helping."

Aunt Anna laughed.

"Orange marmalade — made out of carrots," she said. . . . "Yes, it is. Easiest thing on earth. And it goes like this:

"One cup cooked carrots, chopped fine, one lemon, juice and grated rind, one cup sugar.

"Yes, that's all —" to Mrs. Dent's astonished questions. She had borrowed an empty envelope from Jerry's pocket and was hastily writing down the recipe. "Yes, that's all," again affirmed her elderly neighbor. "You can add nuts, if you want to. . . . Oh, just mix together and cook slow on the back of the stove for half an hour. Don't cook too long or it will grow stiff and hard. But you can tell by the looks —"

"And the taste," grinned Jerry. "Make some, honey; it's awfully good. What say? I'll scrape the carrots for you tonight." . . .

And after they were gone, and the dishes done, Uncle Jonas Atwood was heard to remark:

"I guess they liked your carrot dinner, Anna. They et as if they did." And then: "I reckoned *she* felt some at outs, when she first come over —'cause 'twas such a misty, moisty morning, I s'pose. Wimmen is like that."

And Aunt Anna never said anything to the contrary. If she thought anything, it is not recorded.

---

## The Empty House

Lo! the deserted house where erstwhile throve
A little family with its round of joys;
And now its walls ring empty as I move;
Nor is there other noise.

And yet its rooms commodious abound
Ready for shelter, comfort and good cheer,
With lovely scenes and sylvan nooks around —
Why dwelleth no one here?

First Love went out: that tells the story best,
Love in those hearts that first a home create;
Now silence and strange echoes tell the rest —
O house so desolate!

— *Benjamin R. Bulkeley.*

# Utilizing Leftovers

## By Mary Barron Washburn

"When good King Arthur ruled the land,
He was a goodly king;
He stole three pecks of barley meal
To make a bag pudding.

"A bag pudding the queen did make
And stuffed it full of plums,
And in it put great lumps of fat
As big as my two thumbs.

"The king and queen did eat thereof,
And noblemen beside,
And what they could not eat that night,
The queen next morning fried."

THUS early in history did the problem of the leftover present itself, and thus are we in our earliest contacts with literature, while still in the nursery, brought to consider the application of thrift and resourcefulness to the solution of this problem.

Serious minded folk have called in question the ethical value of this one of the Arthurian legends, have held that the story lacks moral clarity and that the infant mind should not be left to infer that stealing is heroic or praiseworthy.

But however harmful King Arthur's example, in this instance, may be deemed, no one, I believe, has ever found the queen's conduct other than admirable. The only possible criticism might come from the opponents of fried foods, but even to them it is scarcely necessary to point out that, if the remains of the pudding were not sautéd, but subjected to deep frying (first being dipped in beaten egg and then in sifted bread crumbs) and properly drained, the result would be entirely satisfactory from the standpoint of hygiene and dietetics. Neither is it likely that æsthetics were ignored by this excellent lady, and the dish when presented the next morning to her strenuous consort was doubtless garnished with water cress, or possibly with parsley, if the royal abode was far from running streams.

Surely, surely, as Mrs. Proudie would have said, Mrs. Hoover herself could not have done better, and the story as a whole is an illustration from an earlier type of literature of what Ruskin called attention to in the dramas of Shakespeare, that the catastrophe is always caused by the folly or fault of a man; its redemption by the wisdom and virtue of a woman.

What to do with leftovers is a perennial question. From the days when our attendant nurses rinse and scald and sterilize our rubber-nippled bottles, lest some leftover drop of lacteal fluid poison our next meal, on up through the games where somebody has to be It; through addition with its "put down two and carry one," short division, long division, common fractions and decimals; through the parties to which we are not invited, or, invited, serve as wall flowers; through the emotional triangles of fiction or fact, which, when resolved, give two to live happy ever after, and one left out and left over; on up to the time when the heirs and the lawyers wrangle over our estates, life is ever a matter of leftovers. As Carlyle says, whatever solution of it you attempt, there is ever a cursed fractional remainder. The problems of the kitchen and the pantry are but epitomes of the one problem of life, What shall we do with our leftovers? Shall it be hash or croquettes? Soup or salad? Or shall we weakly give up and furnish the garbage pail?

There are two kinds of leftovers, the designed and the fortuitous. When we providently boil twice the required number of potatoes, planning salad for tomorrow's lunch; when we thriftily let the same heat bake two pots of beans instead of one, knowing that we can warm up the second one later in the week;

when we "eat what we can and what we can't eat we can," we are providing for future leftovers.

Milton, prompted to "leave something so written to after times as they should not willingly let it die"; the statesman legislating for "ourselves and our posterity"; David, gathering together the material for the "house exceeding magnifical" that his son was to build, were all doing the same thing.

The leftovers of this sort are the easier to deal with, yet they have their perplexities. To accept, to preserve, to store, to use, to change, to adjust, to supplement, to discard, to amend, — which shall we do and how? For the leftover *is* a leftover. The warmed over beans will not be as good as when they came steaming hot and fragrant from the oven on Saturday night, and no process of canning has ever yet preserved the delicate aroma of the just ripe fruit, the tender crispness of the freshly gathered vegetable. And where shall we find closet space and shelf room, and how build our meal around our salad instead of having the salad as a piquant adjunct? And although our library shelves are crowded with books, until we groan in spirit at the thought of dusting them, no poet was ever able to put in words the vision that he saw, and no statesman ever framed a law that should not some day hinder progress, and not even Solomon, the wisest of men, could either build the temple that was in David's heart as he prepared the cedar and the iron, the gold and the glistering stones, nor that which he himself might have built, had he had a free hand from the beginning.

But the undesigned and unexpected leftovers are the hardest to dispose of. They are the results of blunders and miscalculations, of ignorance and carelessness, of disappointments and defeats, and, like the grass and the herbs and the winged fowls of creation, they tend to bring forth after their kind. Like the poor, they are always with us. They are the uncivilized barbarians that perpetually harry our borders, but the art of life consists in their subjugation and pacification.

She is a mere tyro at housekeeping who can achieve results only with fresh and abundant material, all necessary appliances, and no interruptions. The artist is she who can take life as it is and by taste and judgment and deftness can so serve yesterday's scraps that today shall go on its way rejoicing. The pupil can play the melody on a perfect instrument, but under the master's touch, the old harpsichord will give out the heavenliest of music. The king's son won the battle with the broken sword that the craven had flung away. The great generals have been those who knew how to change defeat into victory, the great men those who mastered weakness and turned it into strength.

The secret of noble living is with those who have learned to accept and utilize leftovers.

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# An Herb-Border, Culinary and Medicinal

## By F. M. Christianson

THAT every kitchen-garden hasn't an herb-row is to be regretted. The reason is that we in this country do not appreciate the value and uses of pot-herbs as the housewives of the Old Land do. Every pantry should have an herb-corner, whence could be had things new and old for warmed-over meat dishes.

Gardeners who grow herbs for the trade realize a handsome profit on each wisp they sell, for a little of herbs go a long way.

But herbs bought in the green state are often wilted and dirty and sometimes when most needed cannot be had, so the way to have them is to plant them in your garden.

## When to Sow the Seed

Sow herb seed in shallow drills in the spring and cover lightly with fine soil pressed firm about the tiny seeds. When plants are two or three inches high, thin well to give the young plants all the light, sunshine and air possible, and cultivate often. There is so little labor attending the growing of pot-herbs that any one can do it and whoever undertakes it will be repaid by having the wherewithal to make many appetizing dishes, to say nothing of having flavors for soups, sauces and cakes, enough to perplex an epicure.

Here are a few culinary and medicinal herbs from which to choose those that seem to meet your individual wants.

*Thyme* — The leaves may be used as a garnish and, in this connection, nothing can be daintier. It is used, too, to season meats and is often put into sausage and "dressing" and worked into croquettes. To flavor sauces for meat and fish it is esteemed.

*Parsley* — The moss-leaved variety is the only one we use. The leaves have a fine flavor and are used chiefly in soups, and creamed potatoes, and as a garnish. A few plants lifted from the garden on the approach of winter and planted in a box and set in a sunny window will supply a family throughout the winter.

*Sage* — The only kind we grow is Holt's Mammoth. It has, as its name suggests, very large leaves borne well up off the soil, which helps to keep them clean. The leaves are of fine flavor and much sought after for seasoning sausage, dressing, tea, etc.

*Dill* — The seeds are used in pickling and are aromatic, warm and pungent.

*Caraway* — The leaves and young sprouts may be eaten and the seeds have been popular for many generations to flavor bread, cake, pastry, cheese, sauces, etc. Oh, the caraway cookies of my childhood!

*Rosemary* — The leaves are for seasoning and its pretty blue flowers yield a volatile oil much sought after by perfumers.

*Lavender* — Its flowers are so sweet and fragrant. Wisps of the plant are dried and then placed in the "Kists of our grandmothers," to give that dainty, elusive odor to fine linen.

*Rue* — Is a medicinal plant of stimulating powers.

If in addition to the herb garden a spot be found for a clump each of *Chives* and *Garlic*, everything is complete: for with these on hand the real cook can fashion almost anything. And now a parting word! Have the dish you serve the food in large enough to have a right proportion between the edge of dish and food. It is a good rule to follow that the food and garnish shall leave at least a third of the dish bare.

Then always use the right garnish, parsley with fish, cress with meats and mint with lamb, etc.

Always provide garnishes that can be eaten. There is such a variety that there is no excuse for using any others.

And after you have arranged your garnish on the dish, if it doesn't please you, take it away.

## When to Cut Herbs

Herbs should be cut just as the first flowers appear, for then the most oil is in the leaf. Cut them in the morning, as soon as the dew is off, and place well spread out on a table in a clean, cool, shady place to cure.

When the leaves are so dry that they crumble, rub up between the hands and discard all stems and hard parts and let dry a little longer, for the tiniest bit of moisture will ruin the herbs. Then pack away in air-tight, glass containers and keep the containers in a dry, cool place.

# Breakfasts

By Mary D. Chambers

THE breakfast is the most important meal of the day, because it is the first thing that happens every morning, and it thus strikes the note, so to speak, of the day's harmony.

Breakfast varies more than any other meal in the number and kind of dishes served — from the cup of coffee and single small roll brought to your bedroom in some of the European countries, to the hotel breakfast of the United States, which consists of nearly as many dishes as a course dinner. But whatever the breakfast, it should be remembered that it is the opening adventure of the morning, and no pains should be spared to make it an agreeable one. If nothing more is desired than toast and coffee, the standard for these two should be nothing short of excellence. Indeed, the fewer the dishes served for breakfast, the greater the perfection called for in these few; since where there is much variety, if one dish is poor, it can be discarded for another that is good.

A survey of some typical kinds of breakfasts will be found in the following pages.

## The Light Breakfast

Delicate women, aged persons, semi-invalids, and other persons in apparent good health, often suffer from a complete lack of appetite in the morning, and will eat only an apology for breakfast. Such persons seldom come to their own in vitality until later in the day, and a very light breakfast is all they are able to digest. For them the meal should be regarded as a mere "pick-me-up," a mild stimulant to help them over the difficult hours of the morning.

Another class of persons, who find a light breakfast agrees best with them, are brain-workers, who go to their desks or to their mental activities immediately after the meal, without the interval of a walk or ride to business, and set their brains to work at the same time that the digestive organs are busy dealing with the just-eaten food. In this case the body may be said to be trying to serve two masters, and the work of either one will surely be slighted. Here again, the light meal, refreshing and stimulating, will be the best compromise, and the tax will not be too severe on either brain or digestion.

## Menus for Light Breakfasts

I

Orange Juice
Thin Sliced Buttered Toast
Coffee

II

Grapes
Vienna Rolls
Coffee

Other light breakfasts may consist of a cup of *café au lait*, and an oven-crisped pilot cracker; or a small cup of chocolate or cocoa with pulled bread; or tea, toast, and orange marmalade; or even a glass of warm malted milk and a zwieback may be sufficient for the slight refreshment needed by those who find the light breakfast best adapted to them.

But remember, whatever beverage is served, be sure it is as hot as can be sipped, for hot fluids are stimulating to heart and circulation. Where the need of such a stimulant is acute the person will be found beginning his meal at the wrong end — the coffee — and then working up to the more substantial dish, if, indeed, he does not reject everything except the coffee.

## The Moderate Breakfast

The addition to the light breakfast of a cereal, with milk or cream; a substantial dish, such as eggs, fish, or meat, with or without potatoes; and a "frill" in the

shape of jam or marmalade, will round out the light breakfast to the moderate breakfast, which is the one most commonly served in the home. It affords scope for individual preference, and according to his choice any one at the table may elect the dishes to make either a light or a moderate breakfast, or one between the two.

## Menus for Moderate Breakfasts

I

Stewed Prunes with Apple Sauce
Wheatena, Cream and Sugar
Broiled Whitefish Baked Potato
Graham Toast
Coffee Cocoa

II

Grapefruit
Shredded Wheat, Hot Milk
Lamb Chops Creamed Potatoes
Muffins Marmalade
Coffee Cocoa

Egg dishes, such as soft-cooked, poached, scrambled, omelets of various kinds, etc., are much in favor for breakfast. Eggs are easily and quickly prepared, and can be served in so many ways that they may be eaten for most mornings of the week without tiring of them. Some persons eat a soft-cooked egg for breakfast from one end of the year to the other, without desiring a change. Potatoes are seldom served, when eggs form the main dish.

Hashes, made from corned beef, roast beef, or fish, are the form of warmed-over most likely to be made use of for breakfast; but there is no reason why other dishes from left-overs should not sometimes be served.

Creamed meats on toast, delicate sausages, light fishballs, breakfast bacon, either by itself, or served in small quantity, as a relish with eggs or other dishes, all are foods well suited to the moderate breakfast.

## The Hearty Breakfast

The hearty breakfast is suited to hearty workers, especially to those who work in the open, like farmers, gardeners, sportsmen and campers, the crews of lumber camps, or growing boys at the hungry age.

It sometimes differs from the moderate breakfast only quantitatively, consisting of much the same food, served in very much larger portions. But more often the food is of a kind best adapted to vigorous digestions, and is guaranteed to "stay by" the breakfaster, so that he shall not be hungry until time for the next meal.

At the hearty breakfast two kinds of meat are often served in combination, like chops and kidneys, liver and bacon, ham and eggs, corned beef hash with poached egg, pork and beans, etc. Or the two kinds may be served in separate courses, such as fried fish, or tripe and onions to begin with, and a thick broiled beefsteak later in the meal. Potatoes, baked or fried, are nearly always present, or fried mush or scrapple; also two or more kinds of hot bread; and the feast is wound up with a handful of fresh-fried crullers, or a heaping plate of hot pancakes with syrup, and another large cup of coffee with cream. Coffee, all through the meal, is poured unstintedly, and all the dishes are served unstintedly. Fruit is sometimes served at the hearty breakfast; sometimes this is thought to be a waste of time. Cereal with grated cheese, or fried mush with molasses, or oatmeal in a soup plate served with thick cream, is acceptable; but the hungry-as-a-hound, hearty breakfaster often likes to plunge at once into the more substantial "eats" of the substantial meal.

Enough has been said about this truly hearty breakfast to show that for most of us it is one to meet an exceptional condition, and is perhaps farther from the normal type of breakfast than is the very light one. Yet, rare as this hearty breakfast is, most of us have, if not eaten one, at least experienced the joy of the looker-on in seeing one eaten; so that it is well to know what the meal is, and when it may be served with propriety.

## The Formal Breakfast

This meal is suited to class reunions. to the closing meeting of the year for

women's clubs, or to any other time, when a company meal early in the day is called for. It is appropriate to both sexes, and, sometimes, if a distinguished visitor to the town has been loaded up in advance with luncheon or dinner invitations, the woman who, otherwise, might miss the pleasure of entertaining the much-sought-for guest will be able to secure his company at a ten o'clock breakfast. The very fact that this meal is not used so often as a means of entertainment as luncheon or dinner recommends it to many a hostess who enjoys the opportunity it offers for little touches of novelty and originality, and for its atmosphere of ease, freedom, and intimacy.

A formal breakfast may be served as early as ten o'clock or a little before; and as late as twelve or half-past twelve, but not later. The meal resembles a luncheon, and the resemblance is more marked the later the hour it is given; yet there are certain well-defined differences — as that the coffee is served in breakfast cups, the breads are always hot, lights are never included in the table decorations, and though a salad may be served, soup should never form part of any meal calling itself a breakfast. It is true that a light soup is sometimes found to head the menus of company breakfasts; yet the best social usage regards it as out of place for a breakfast in this country.

A "small and early" formal breakfast begins with the service of choice fruits in season. This is followed by either fish or eggs in some form, and after that a meat dish, such as chops, kidneys, chicken or small birds, with potatoes, and a vegetable, such as celery, fresh sliced tomatoes, or the like, served with a dressing of oil and vinegar. Two kinds of hot breads are served all through the fish and meat courses. While no formal sweet course is served at a ten o'clock breakfast, yet waffles with syrup may come on at the close, or French pancakes — the kind that are spread with jelly, rolled like a jelly roll and dusted with powdered sugar. Or there may be a strawberry shortcake with whipped cream, a shortcake of the real kind, made of biscuit dough. Or if eggs were not previously served, a sweet omelet may be substituted for waffles or cakes. The following is a correct menu for

## A Ten O'clock Company Breakfast

Grapefruit stuffed with Cherries
Broiled Fish Sliced Cucumbers
Savory Omelet Potato Puffs Fresh Tomatoes
Wheat Muffins Hot Rolls
Cream Waffles with Butter
and Crushed Fresh Strawberries
Coffee

A more elaborate breakfast will have a third course of meat, eggs, or game; a salad served with one of the soft cheeses and crackers; and a frozen dessert. The following is a correct menu for

## A Twelve O'clock Company Breakfast

Orange-and-Malaga Grape Cocktail
Fish Soufflé Lattice Potatoes
Deviled Kidneys Mushrooms
Maryland Chicken Rice
Cress with French Dressing
Toasted Crackers Cream Cheese
Pineapple Parfait Lady Fingers
Coffee

Olives or pimolas, radishes, and salted nuts may be used as relishes and passed between the courses. Cream and sugar are always offered with the coffee at a company breakfast, and there is no rule forbidding the serving of coffee early in the meal.

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Notary Public


## In May Time!

In May time balmy breezes play
Among the nodding treetops green,
And joyous songsters flit between
The boughs with merry roundelay!

Anemones — fair windflowers — sway
In woodland dance with graceful mien
In May time!

All nature's children — glad and gay —
Awaken then. Faith grows more keen
As proofs of reborn life are seen
O'erspreading God's fair earth — each day
In May time!

— *Caroline L. Sumner.*

## REACTION

DURING the course of the war, people were eager to work day and night, great efficiency was manifested and the amount of commodities produced was enormous. This was the case throughout the world. Now a reaction from war-time work and activity seems to be taking place, people are seeking a grand vacation, everywhere the demand is for easy jobs, fewer hours of work and larger wages. Nowhere is there lack of employment. "The harvest truly is plenteous, but the laborers are few." Every one who desires work is engaged. But no one seems willing to settle down to steady productive toil. The result is general inefficiency and slow production and constantly increasing prices.

The common report of manufacturers and employers of labor is that help today is only 60 per cent efficient. The railroads and other means of transportation are in like or even worse condition, hence commerce is impeded and behindhand. The supply of products is not equal to the demand and prices are exorbitant.

What we need most is not so much fewer hours of work, holidays galore, bonuses and old-age pensions, but the opportunity to work as many hours as we please, to settle down in steady productive labor and render full service to our day and generation. All drives and most charities are out of order. People everywhere must be set to work and taught to help themselves. Production of every kind, and then more production alone can remedy the evil conditions of the present day.

By no means is the "vicious idea that work is drudgery" to be considered. Joyous work is the most wholesome and satisfactory condition in life. We enjoy what we earn and acquire far more than what we are given. Often the pursuit of objects affords greater pleasure than the possession thereof. "We need to get into our democracy the idea that the most inspiring thing in life is work." Work then, let everybody work, is the

slogan of the day. As Poor Richard said, "Keep thy shop and thy shop will keep thee."

## WRONGS AND MISDEMEANORS

IN these stressful times certain things are wrong. Extravagance or wastefulness of any sort or description is one thing wrong. There is too much want and suffering on the earth to justify waste or extravagance on the part of anybody. Profiteering in every form is another thing wrong. It is out of order and inexcusable. It means continuous unrest and future trouble. A lack of moral consciousness seems conspicuous on every hand in the conduct of business affairs. To combine and strike for higher wage is a third wrong of the day. We need, first, to show efficiency and worth in our calling. The question may be asked, is the laborer worthy of his hire? Once more, we can think of nothing more wicked and wrong than to apologize for wrongdoing, and aid and abet the foes of one's country. Surely wrongs and misdemeanors of this nature cannot be overlooked or forgotten. They menace our welfare and our existence, perhaps, as a people.

## POLLYANNA STUFF

"WHAT is sauce for the goose is sauce for the gander," said long ago some fair-minded man or some self-asserting woman, I know not which. But no one, so far as I am aware, has arrived at a like impartial conclusion as to the stuffing for the goose and the gander. The latter, as a rule, stuffs himself, but the goose, from time immemorial, has been stuffed now with one precept, now with another, and recently with this look-pleasant-Pollyanna stuffing, which upon my word is far from sage!

So far as can be recalled at the present moment, there have been but two records of masculine Pollyannas; one merely pleasant, the other determined. Mark Tapley was pleasant enough, but entirely unreal. Josiah Allen was very unpleasant. Samantha, his wife, lay ill-abed on one occasion — ill enough to be fretted by small matters, one of which was the curious behavior of Josiah — not ordinarily a genial man — who kept putting his head in at her bedroom door every hour or so and sniggering. Ill or no ill, Samantha could not long endure this. Presently, in extreme exasperation, she asked the reason for this unseemly behavior. "Samanthy," said he, "the doctor says I must be cheerful, and I *will* be cheerful!" And he sniggered again and withdrew. A pleasant Pollyanna is a thorn in the flesh, but a determined Pollyanna is sharper than a serpent's tooth.

There is something in eternally counting one's blessings, in season and out, or in triumphantly finding blessings where only disappointments are visible to the naked eye, that is depressing to the innocent bystander. The Pilgrim Fathers, instituting a single day in the year for thanksgiving purposes were wise and farseeing. Governor Carver and Elder Brewster and Historian Bradford knew very well that it is lively and virile dissatisfaction that makes for progress; and that by indulging in dissatisfaction for 364 days, one is pricked on to better conditions sufficiently to have real progress to be thankful for on the 365th. The abundantly spread tables of that first famous Thanksgiving Day meant that Mistress Carver and Goodwife Brewster and the rest had been very much dissatisfied with inconveniences in their kitchens, and weeds in their kitchen-gardens (among other things), and that their goodmen had been unremittingly nagged into making things more comfortable. Hence, it was that they were highly unsatisfied when Master Jones of the *Mayflower* threatened to return promptly to England. They sang no psalms of praise for the blessings they had ashore — which were few enough, in all conscience! They got busy and in-

timidated Master Jones. He should keep the *Mayflower's* anchor dropped off shore, till they were good and ready to have him go! Had they not recognized what might be called *the narrow squeak of things*, Plymouth Rock would be today a mere symbol of defeat.

Less than any other, I think, would the good Priscilla of Plymouth have been a Pollyanna. She and John Alden were not always young and carefree lovers. In time they came to be the parents of eleven children. Had Priscilla, on a Saturday night, with eleven youngsters lined up for a bath and no hot water ready, said sweetly, "Never mind, John, I've a good ladle o' soap, anyway, and the children *could* be dirtier" — then John would easily have slipped into the habit of never having the weekly bath-water hot and ready, and the children, very presently, *couldn't* be dirtier. But Priscilla, being the mother of a large brood, knew her own mind, and the chances are that she said firmly, " 'Tis a pity, John Alden, if you cannot bestir yourself. And the water be not hot and ready to my hand in a half hour at most, you shall e'en scrub the children yourself. I might have known that the man that could not speak for himself would needs be prodded into action likewise. I'll warrant you, had I wedded Captain Standish — as I might ha' done, as you well know! — there'd ha' been hot water a-plenty at my need!"

The Pollyanna stuff, like the quality of mercy, is not strained. Indeed not! It is the honey plus the honeycomb, and sateth her that gives and her that takes. To ask a child to forego a pleasure or to do an unpleasant job, and have him acquiesce as though he were being invited to the circus is extremely disconcerting, and makes one feel like an ogre. But if he scowl ever so little and say, "Well, I don't want to, but anyway I will," one has obedience, gets the job done, and has one's adult self-respect. Just as poor Mary Lamb could endure the sacrifice Charles was making for her with fewer pangs, because of his great fault that called for forbearance from her.

I have a young relative who stood in the position of innocent bystander in the presence of Pollyanna stuff, though only upon the printed page. At fifteen she decided to become a librarian, and planned her school work with that in view. Her vacations were spent in library apprenticeship. At twenty she reached her goal; at twenty-five was successful at it. Then suddenly, without warning, she threw up the job so suited to her taste, inclinations, and capacity, and went into business. Asked by interested friends why she did so, she had an invariable reply: "I was sick and tired of handing out Pollyannas to the Public!" 'Twas this incident that crystalized my own opinions, and *hinc illæ lacrymæ*.

— Helen Coale Crew.

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This May number of American Cookery carries a Title Page and Complete Annual Index. Magazines that provide an index are now rare, indeed. The bound volumes of this magazine, now twenty-four in number, are very valuable. Not a few of our readers have the entire set of twenty-four volumes. As a Culinary Reference Library this journal has become a work of no inconsiderable importance; it is also somewhat unique. We can furnish our readers binders suitable to hold the issues of each year in red, green and ecru cloth. Are not your yearly subscriptions worthy of preservation?

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Apropos the new American poetry, Margaret Widdemer offers the following as the undaunted version of Emerson's "So Near is Grandeur to our Dust," —

My Dust — proud, reeking, vivescent . .
Grandeur is IT! It is grandeur!
It is so grand — gee! Grand's the word!
When Duty whispers to it, it answers,
Shouting in the full glory of Egotistic
Certainty —
"Duty? I never heard of you!"



STUFFED ONIONS (SEE PAGE 756)

# Seasonable-and-Tested Recipes

## By Janet M. Hill and Mary D. Chambers

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

### Asparagus-and-Chicken Soup

PUT on to boil in three pints of water two pounds of chicken or fowl, cut into small pieces, and let cook for two hours. Cut the tender tips from two large bunches of green asparagus, and set aside; cut the remainder of the stalks into one-inch pieces, and cook with the chicken for thirty minutes longer. Strain, separate the asparagus from the chicken, and press through potato ricer to extract juice and coloring. This, with seasoning of three teaspoonfuls of salt, one-half a teaspoonful of pepper, and one-fourth a teaspoonful of celery salt, is added to the chicken stock, with the tips of the asparagus previously reserved and kept in cold water. Cook fifteen minutes longer, and serve with croûtons, or with Royal Custard.

### King of Soups (Russian)

Wash, pare, and cut into small pieces three large red beets, and cook in one and one-half quarts of meat stock, until stock is colored. Meantime fry to a light brown in one-fourth a cup of butter, one stalk of celery, one small onion, and six mushrooms, all chopped fine. Drain out vegetables; add four tablespoonfuls of flour to the browned butter, and stir into soup. Season with a scant tablespoonful of salt, a teaspoonful of pepper, and two tablespoonfuls of fine-chopped parsley. Serve in tureen with one-inch cubes of bread — hollowed out in center, browned crisp in oven, and the cavities filled with cooked beef's marrow — arranged in tureen before it goes to the table.

### Asparagus Sauce, for Roast Lamb or Chicken

Thicken two cups of veal or chicken stock with four tablespoonfuls of flour and two tablespoonfuls of butter. Add from one-half to one cup of asparagus that has been steamed until tender and cut into small pieces, one-fourth a cup of cream, and one tablespoonful of vinegar. Let the whole get hot through; add one-fourth a cup of toasted bread crumbs, and serve with any delicate meat.

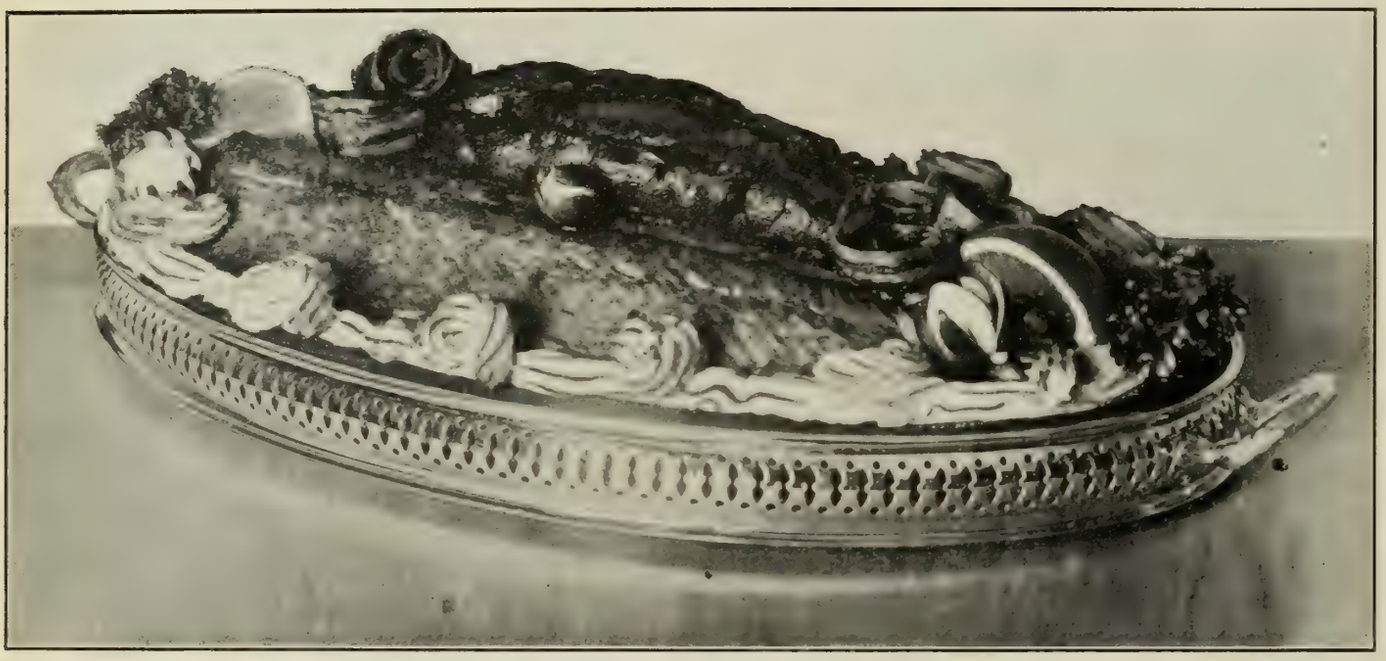
### Waffles for May Breakfast

Cream one cup of butter; add the beaten yolks of four eggs, and one cup of milk, alternately, with two cups of flour, sifted with two teaspoonfuls of baking powder and one-half a teaspoonful of salt. Beat into the batter the last thing

the stiff-beaten whites of the four eggs. These waffles may be served with strawberries and sugar crushed together for the last course of a May breakfast.

## Planked Shad

Split a roe shad from head to tail. Place on a heated plank. Brush over the fish with melted butter and sprinkle with salt and pepper. Bake twenty-five minutes in a hot oven. Baste frequently with melted butter. Bake roe fifteen minutes in a pan spread with bacon fat. When the fish is cooked, fill the space between fish and the edge of the board with duchesse potato (recipe following). Shape the potato by means of a forcing-bag and star-tube. Return plank to oven to brown potato. Remove from oven; place roe and broiled bacon on fish—



PLANKED SHAD, DUCHESSE POTATO

garnish with parsley, lemon and radishes.

## Duchesse Potato

To a pint of hot riced potatoes add two tablespoonfuls of butter, half a teaspoonful of salt, the beaten yolks of three eggs and enough hot milk to let the mixture pass easily through a forcing-bag.

## Molded Asparagus

Wash, scrape, and cut into half-inch lengths a bunch of green asparagus, and cook for fifteen minutes in one cup of water, salted with one teaspoonful of salt. When tender add two tablespoonfuls of butter blended with one tablespoonful of flour, and stir mixture carefully until thick. Add four well-beaten eggs, and when cooked until thick, but not curdled, half-fill six small molds with the mixture. When cold unmold on lettuce leaves, and decorate with bits of red pepper or slices of tomato.

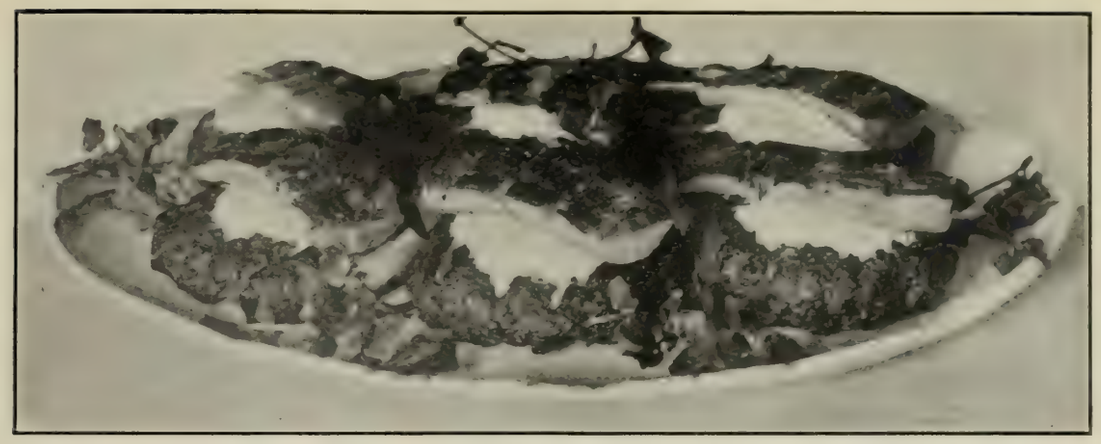
## Oatmeal Kisses

Cream one cup of butter or fat with one cup and one-half of sugar. Add three beaten eggs, and two cups and one-half of flour mixed with two cups of rolled oats, ground in coffee grinder, one cup of raisins, one-half a cup nuts, one teaspoonful of baking powder, and one teaspoonful, each, of powdered cinnamon and grated nutmeg, or a little mace.

This should be worked into a very stiff dough, and baked in small pieces about the size of a walnut, slightly flattened and set far apart on a baking sheet. When nicely browned, join in couples with a little syrup or icing. These will keep for a long time, and improve on keeping.

## Salisbury Steak with Horseradish Sauce and Broiled Banana

Put a pound of round steak, three times,



SALISBURY STEAK, HORSERADISH SAUCE AND BANANAS

through a fine meat grinder. Season with two teaspoonfuls of onion juice, one-fourth a teaspoonful of pepper, and one teaspoonful of salt. Form into six round cakes, about an inch thick, and broil in a Salisbury meat broiler, or any fine wire broiler will do, if the Salisbury is not available. When well browned on the outside arrange steaks on a platter, and set this in the warming-oven while you prepare the following sauce.

## Horseradish Sauce

Mix three tablespoonfuls of sifted breadcrumbs with one-half a cup of cream. Add three tablespoonfuls of grated horseradish, season lightly with salt, and a dash of dry mustard; heat over hot water, and just before serving add one tablespoonful of vinegar.

## Broiled Banana

Peel one large banana and one-half, and divide into six strips. Broil over a clear fire until hot through. Arrange a spoonful of the horseradish sauce on each round of steak; over this place a section of broiled banana and garnish the dish with cress.

## Chicken en Casserole

This dish is at its best when made with chickens weighing about three pounds or a little more. For a choice dish use two chickens, making broth of the bulky pieces in which to cook the rest of the chicken. The day before the dish is to be served, cut the chickens in pieces at the joints. Cover the carefully washed necks, backs and giblets, except the



CHICKEN EN CASSEROLE

livers, with cold water and let cook till the flesh is tender. Cool the broth, skim, and it is ready for use. The pieces of chicken can be used in some other dish. Sauté the pieces of raw chicken in a little hot clarified butter, pork or bacon fat, then transfer them to the casserole. Heat the broth to the boiling point, pour it over the contents, cover close, and let cook very gently in the oven till the chicken is nearly tender. Have ready as many small parboiled onions as there are people to serve, also six or eight potato balls, cut with a French scoop, a young carrot cut in quarters, and peas, for each service. Sauté all these vegetables in the frying pan until well browned. The onions should have been boiled at least an hour, then rinsed and dried, and the carrots and potatoes, boiled five minutes, drained and dried before sautéing. About fifteen minutes before serving the dish, skim off all fat from the broth; add the browned vegetables, a spoonful of lemon juice, salt and pepper as needed, and return the dish, covered close, to the oven. If a thicker sauce be desired, thicken the broth with flour, before adding it to the dish; skim off the fat at time of serving and a particularly velvety sauce results.

## Broiled Squab

Split squab or chicken; salt, pepper, brush over with olive oil and broil. Serve on toast.

## Roast Spring Chicken, Stuffed with Ripe Olives

Prepare a chicken as for roasting, and fill it completely with the following stuffing. One and one-half cups of bread crumbs, moistened with hot water, and seasoned with two tablespoonfuls of butter, one tablespoonful of minced onion, one teaspoonful of salt, and one-fourth a teaspoonful of pepper. Add one cup of stoned ripe olives, and bind with one beaten egg.

## Stuffed Onions

Parboil or steam half a dozen Spanish or other choice onions about an hour. Remove from the fire and cut out a circular piece from the top of each. Then scoop out the inside to form cups. Chop fine or pass through a sieve the onion that has been taken out. Add an equal measure of cold, cooked veal or chicken, chopped fine, about a fourth a teaspoonful of salt, half a teaspoonful of pepper, a teaspoonful of chopped parsley, one-fourth a cup of soft bread crumbs, and one-fourth a cup of butter, and mix thoroughly. Put a spoonful of the mixture into each onion, then put in one French chestnut or three or four home-grown chestnuts, that have been shelled,



BROILED SQUAB



ASPARAGUS WITH BUTTERED CRUMBS

blanched and boiled tender, and finish filling the cups with the prepared mixture. Bake slowly one hour, basting three or four times with butter melted in hot water. Fifteen minutes before serving, sprinkle the top of each with buttered cracker crumbs, and return to the oven to brown. Serve surrounded with a cup of single, or thin, cream, thickened with a tablespoonful of butter and flour, creamed together and seasoned with salt and white pepper.

## Asparagus, Buttered Crumbs

Boil one bunch of asparagus. Place on a platter. In a frying pan put four generous tablespoonfuls of butter and one-half a cup of fresh bread crumbs; fry until a deep yellow. Pour over the tips of the asparagus, sprinkle with salt, pepper and chopped parsley. Garnish with slices of hard-cooked eggs.

## Dasheen, Au Gratin

Pare eight dasheen, cut in cubes, let boil ten minutes in salted water. Make two cups of white sauce; stir in dasheen cubes, place in a baking dish, sprinkle lightly with buttered crumbs, and brown in hot oven.

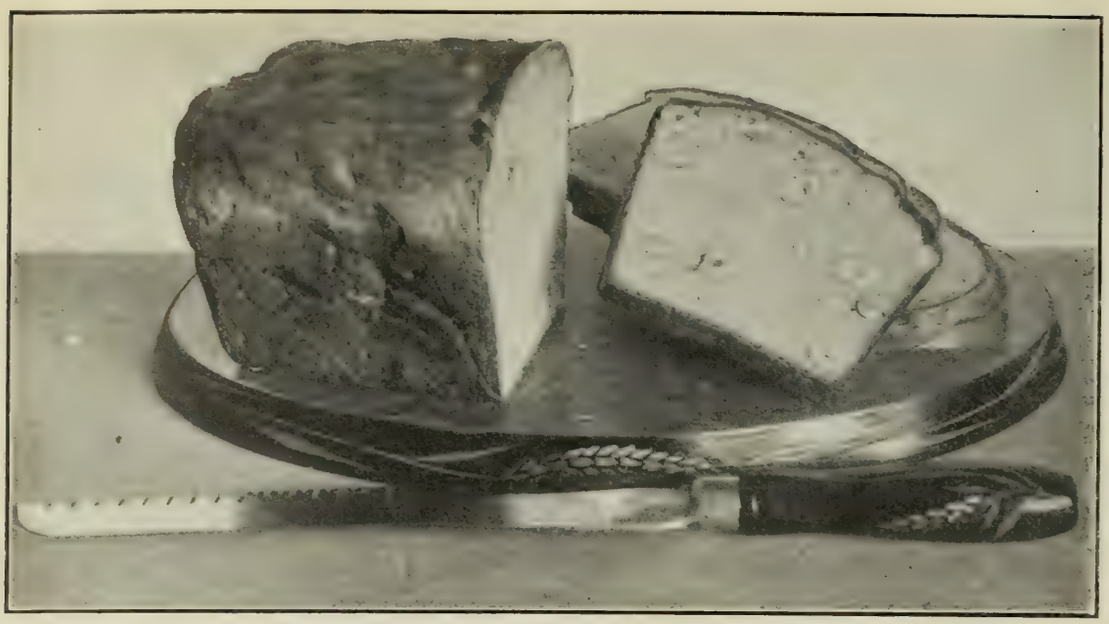
The cultivation of dasheen has been introduced into the gulf states by the department of agriculture with marked success. It can now be procured in most of our northern markets. On account of a large per cent of protein dasheen has a higher food value than potato.

## Noisette Bread

Soften one cake of compressed yeast in one-fourth a cup of lukewarm water; add to one cup of scalded-and-cooled milk. Stir in one tablespoonful of shortening, two tablespoonfuls of molasses, one



DASHEEN, AU GRATIN



NOISETTE BREAD

cup of filbert meats, whole, and half a cup of entire wheat flour. Add white flour as needed for dough. Knead thoroughly, return to bowl. Cover close and let stand in warm place until double in bulk. Shape into a loaf, place in pan, set aside until almost doubled in bulk, then bake in a moderate oven.

## Rhubarb-and-Raisin Pie

Cut rhubarb into small pieces, enough to make one cup. Add one cup of seeded raisins, and let both simmer in water to cover until rhubarb is tender and raisins are well plumped. Strain, and thicken liquid with two tablespoonfuls of flour blended with two tablespoonfuls of butter; sweeten with one-half a cup of sugar; stir in one well-beaten egg; mix again with the cooked rhubarb and raisins, and pour into a fresh-baked pastry shell; use when cold.

## Pear Salad

Select tender halves of canned Bartlett pears and arrange on heart-leaves of lettuce. Fill the pear cavities with the following dressing and sprinkle with chopped nuts.

## Dressing for Pear Salad

Into one cup of heavy cream crumble one cake of cream cheese. Beat with a Dover beater until firm.

## Strawberry Cream Tart

Line a rather deep baking dish with puff-paste, and fill as full as possible with alternate layers of strawberries and sugar. Cover with a thick top crust of the puff



PEAR SALAD

paste, with a small hole cut in the center of the top. Bake in a quick oven until paste is well browned. Set tart aside until cool, and then pour in through a funnel inserted in the hole on top the following mixture. One cup of cream, two tablespoonfuls of sugar, one beaten egg. Cook in double boiler until egg has thickened the cream, and cool quickly in ice water before adding to tart. Brush the top crust with strawberry juice and sift powdered sugar over it before serving.

## May Party Cakes

Break into a large bowl six eggs, one cup of sugar, and three-fourths a cup of butter. Set bowl in hot water, and beat all with Dover beater until butter is dissolved and mixture is slightly warm. Add one cup of flour, sifting this in while beating, and continue to beat over hot water until the mixture begins slightly to thicken. Pour into a shallow pan lined with greased paper, and bake until the surface is firm. When cold cut into fancy shapes and frost and decorate, or use for jelly sandwiches.

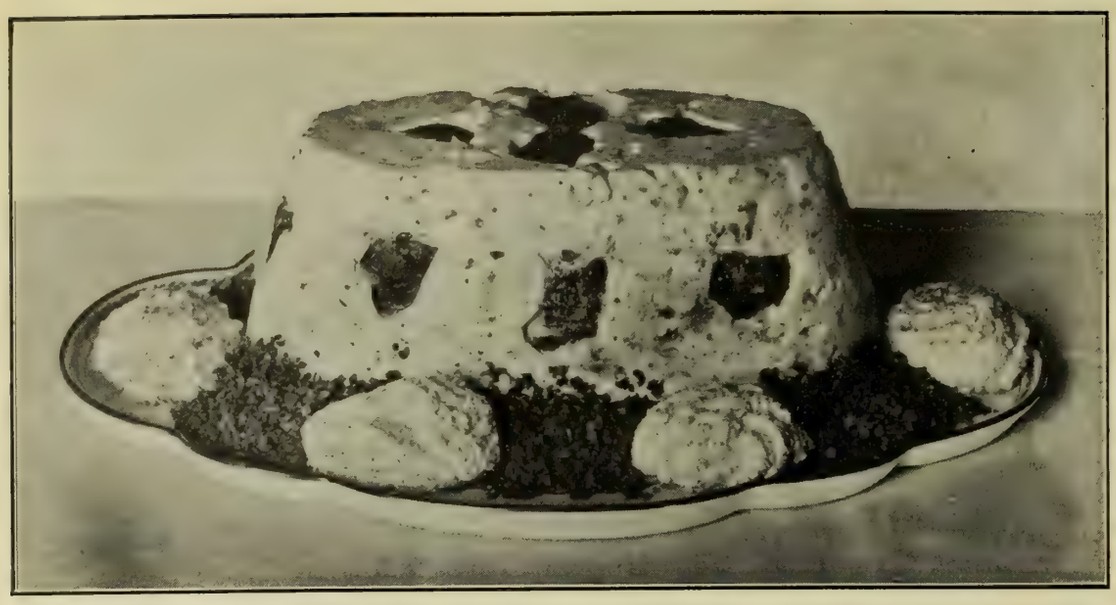
## American Crusty Rolls

1 cake compressed yeast
¼ cup boiled water, cooled
¾ cup flour
2 cups boiled water, cooled
1 teaspoonful salt
5 to 6 cups flour

Soften the yeast in the one-fourth a cup of water and stir in the three-fourths a cup of flour; knead the little ball of dough until smooth and elastic. Make two cuts across the top of the dough at right angles to each other, a quarter of an inch deep. Set the ball in a bowl containing the rest of the water. When the ball floats — a light, puffy mass — add the other ingredients and mix to a dough. Knead until smooth and elastic, fifteen or twenty minutes. Cover the dough and set aside in a temperature of about 70° F. until it has doubled in bulk. Turn onto a slightly floured board, divide into twelve pieces, kneading each piece until smooth and elastic. Let rise until doubled in bulk, in Crusty Roll Pans. Bake about fifty minutes. When nearly baked, brush over with beaten egg-white and return to oven.



AMERICAN CRUSTY ROLLS



STRAWBERRY BAVARIAN CREAM

## Strawberry Bavarian Cream

Soften half a package of gelatine in half a cup of cold water and dissolve in half a cup of hot strawberry syrup; add one cup of strawberries pressed through a sieve, three-fourths a cup of sugar and the juice of half a lemon. Stir until the sugar is dissolved, then let chill on ice and water. When the mixture begins to thicken, fold in one cup and one half of cream beaten firm—mold and serve cold decorated with chopped pistachio nuts and small meringues.

## Cherry Salad

Remove pulp from one grapefruit; sprinkle with one tablespoonful of powdered sugar, and let stand at least one hour. Take out stones from one cup of white cherries, and put small filbert meats in the place of these stones. Arrange leaves of crisp lettuce on a salad platter. Place prepared fruit on leaves. Dot each individual portion with three maraschino cherries. Serve cream salad dressing at one side.

## Cream Salad Dressing

Mix half a teaspoonful of mustard, half a teaspoonful of salt and a generous fourth a teaspoonful of paprika. Add the yolks of two eggs, and mix thoroughly. Add one-fourth a cup of butter and one-fourth a cup of cider vinegar. Set the saucepan over hot water, and stir until the mixture becomes smooth and thick. Then remove from the fire and beat in the white of one egg, beaten dry. Return the saucepan to the hot water, if needed, to set the egg. Beat the mixture constantly while it is in the hot water. When



CHERRY SALAD

the mixture is cold and the salad is ready to serve, fold in half a cup of thick cream, beaten solid.

## Cake for Decoration Day

Make a cup cake, a pound cake, or any favorite mixture, and bake in three parts, in deep layer tins. Make the icings as follows:

Drop the whites of three eggs into a large bowl, and add three tablespoonfuls of powdered sugar. Beat with spoon-beater until mixed; add three more tablespoonfuls of sugar, and continue until three cups of powdered sugar have been added. The icing ought to be light and fluffy, if properly beaten. Now divide into three parts, flavor one with almond extract; color another pink, and flavor with cinnamon; color the third yellow, and flavor with grated orange rind, and use these icings on the three cakes, applying them with a liberal hand. Pile the cakes over one another, the pink at the bottom, the white on top, and just before the icings are quite firm, scatter over all as much grated cocoanut as will adhere to both top surface and sides.

## Cake for May Queen, I

Cream one-half a cup of butter with one cup of sugar; add the beaten whites of three eggs, and one cup of sour cream, into which one-half a teaspoonful of soda, dissolved in a little warm water, had been stirred. Add two cups of pastry flour, sifted with one-half of one grated nutmeg, and one-half a cup of very fine-shaved citron. Lastly, add the beaten whites of the three eggs, and bake in a pretty shaped tin. Cover with any kind of white icing, thrust into the center a striped candy Maypole to which narrow ribbons have been attached at top, the ribbons to end in small Maybaskets that are arranged around the cake. If the baskets are made of candy, it will be more appropriate, but baskets of straw or paper, filled with fruit, nuts, or candy, will give great pleasure to the May Queen and her maids.

## Cake for May Queen, II

Make a layer cake, using only the whites of the eggs as in Silver Cake, or White Cake. (See recipe in AMERICAN COOKERY, Aug.-Sept., 1919, page 135.) For filling, grind one-fourth a pound of pistachio nuts, and mix with a frosting of white of egg and confectioner's sugar, tinted green with spinach juice. Ice the cake with the same frosting, minus the nuts, and decorate with a pretty design of white and pink frosting, piped on with a pastry tube.

## Rich Black Cherry Pudding

Dissolve in two cups of rich cream one-half a cup of butter. Add three-fourths a cup of sugar, one teaspoonful of grated lemon rind, and one-fourth a teaspoonful, each, of nutmeg and cloves. Add the beaten yolks of four eggs, one cup of fine-sifted crumbs from toasted bread, and a quart box of black cherries, previously stoned. Lastly, beat lightly in the stiff-beaten whites of the eggs, pour into a buttered mold, stand on several thicknesses of paper in a pan filled with hot water to reach half-way up the pudding mold, and bake until pudding is firm.

Serve with a hard sauce, flavored with grated lemon rind.

## Delicious Cheese

Rub the yolk of one hard-boiled egg to a paste with a tablespoonful of olive oil or melted butter. Add, in the order given, one teaspoonful of salt, one of made mustard, one of granulated sugar, and one-fourth a teaspoonful of cayenne. Mix with this two cups of grated cheese, and one cup of chopped chicken. Press into scallop shells, and bake until cheese is melted.

# Well-Balanced Menus for Week in May

## SUNDAY

**Breakfast**

Strawberries
Halibut Filets Broiled French Fried Potatoes
Yeast Rolls (reheated)
Waffles Coffee

**Dinner**

Radishes Tomato Soup Croûtons
Roast Filet of Veal Franconia Potatoes
Asparagus Spanish Onions stuffed with Beans
Stuffed Lettuce Salad
Caramel Ice-cream
Coffee

**Luncheon**

Poached Eggs on Toast with Asparagus Tips
Lemon Jelly Sponge Drops
Tea and Cocoa

## MONDAY

**Breakfast**

Stewed Prunes
Quaker Oats Top Milk
Calf's Liver with Bacon
Creamed Potatoes
Popovers Coffee

**Luncheon**

Tomatille of Veal Molded Asparagus
Oatmeal Kisses Grape Juice Whip
Tea

**Dinner**

Salisbury Steak with Horseradish Sauce
Riced Potatoes Broiled Bananas
Stringless Beans
Rhubarb-and-Raisin Pie
Coffee

## TUESDAY

**Breakfast**

Stewed Dried Peaches
Cream of Wheat
Fish Cakes (bits of cooked fish) Rye Muffins
Doughnuts
Coffee

**Luncheon**

King of Soups Pulled Bread
Black Cherry Pudding
Cocoa

**Dinner**

Roast Leg of Lamb
Boiled New Potatoes Asparagus Sauce
Cress Salad
Prune Soufflé Cake
Coffee

## WEDNESDAY

**Breakfast**

Cream Barley Grits Dates
Corned Beef Hash Pickles
Spider Corn Cake Coffee

**Luncheon**

Asparagus-and-Chicken Soup
Deviled Cheese Beet Greens
Toasted Crackers Chocolate

**Dinner**

Roast Spring Chicken
Stuffed with Ripe Olives
Spanish Onion in Cream Mashed Potato
Harlequin Jelly
California Lettuce, French Dressing
Strawberry Cream Tart
Coffee

## THURSDAY

**Breakfast**

Pineapple
Hulled Corn Cream
Omelet with Creamed Lamb
Parker House Rolls Coffee

**Luncheon**

Turban of Chicken Boiled Rice
Orange Salad
French Toast Maple Syrup
Cocoa

**Dinner**

Clam Broth
Tenderloin Cutlets, Tomato Sauce
Bermuda Onions Buttered
Water Cress Salad
Strawberry Shortcake
Coffee

## FRIDAY

**Breakfast**

Cresco Grits Thin Cream
Poached Eggs, Waldorf Style
Radishes
Glazed Currant Buns
Grapefruit Marmalade Coffee

**Luncheon**

Dried Lima Beans and Kornlet Succotash
New Beets, Buttered
Wellesley Toast
Cocoa

**Dinner**

Tomato Bouillon
Broiled Shad Baked Potatoes
Philadelphia Relish
Creamed Cauliflower Peas
Lemon Meringue Pie
Coffee

## SATURDAY

**Breakfast**

Salt Codfish Cakes, Bacon
Corn Meal Muffins
Fried Mush (Wheatena)
Caramel Syrup
Coffee

**Luncheon**

Corn Chowder
Egg-Salad Sandwiches
Caramel-Coffee Jelly
Whipped Cream
Tea

**Dinner**

Mock Bisque Soup
Cold Corned Beef, Sliced Thin
Hashed Brown Potatoes
Creamed Cabbage
Baked Rhubarb
Boiled Custard Little Cakes
Coffee

# Menus for Special Occasions

## MAY LUNCHEONS

### I

Strawberry Cocktails
Clam Bouillon with Whipped Cream
Radishes Olives Salted Nuts
Truffled Fish Mousse, Bechamel Sauce
Cucumbers, French Dressing with Chives
Larded Veal Cutlets en Casserole
Vanderbilt Salad
Baba, Apricot Sauce
Coffee

### II

Salpicon of Orange and Pineapple
Cream of Spinach Soup Bread Sticks
Fried Sweetbreads with Mushrooms
Rolls
California Lettuce, French Dressing
Candied Grapefruit Peel Biscuit Tortoni, Lady Fingers
Coffee

## WEDDING BREAKFAST

Grapefruit Cocktail
Lobster Cutlets, Sauce Tartare
Cucumbers Bouchées of Mushrooms
Lady Finger Rolls
Galantine of Fowl Aspic Jelly
Asparagus Tips New Peas
Romaine Salad
Café Parfait Strawberry Sherbet
Bride-and-Wedding Cake
Bonbons Coffee Nuts

## WEDDING RECEPTION

Chicken Croquettes Asparagus Tips Creamed
Veal Loaf Sliced Thin Watercress Garnish
Lobster Salad
Tomato Jelly Cups with Sweetbread-and-Cucumber Salad
Salad Rolls
Orange Sherbet with Sliced Fresh Fruit
Burnt Almond Parfait
Bonbons Assorted Cakes Salted Nuts
Coffee

## FORMAL DINNER

Anchovy, Egg and Pimola Canapés
Consommé with Asparagus Tips
Filet of Fish stuffed with Mushrooms, Mushroom Sauce
Sliced Cucumbers and Chives, French Dressing
Crown Roast of Lamb
Asparagus-Hollandaise Banana Croquettes
Broiled Squabs, Dandelion Salad
Pistachio-and-Strawberry Ice Cream
Lemon Water Ice Macaroons
Coffee



# Gaining Time in the Home

By Salina Sheets Martin

WHERE there is system observed in the home, extra hours seem to be gained for other things than the regular housework. When each household duty has a regular time in which that duty is performed, it seems to half-perform itself, so great is the help of a regular habit.

It is to be taken for granted that in the general, regular home each day meals must be prepared, dishes washed, beds made and things picked up and the house put to rights more or less carefully. System in the planning of the work presupposes regularity about each duty of the day. System, regularity and order go hand in hand. We cannot have one without the others. We cannot clean up the house, say once a week, and expect it to remain so, where it is used by the family, without giving it daily attention any more than we can give the family one big meal a week and expect to do no other cooking for them.

By doing the dishes at once after breakfast, while the bedrooms air, then when the beds are made, rooms straightened up and each article put in its proper place, if the carpet sweeper is used a bit, the work is practically done. It may be necessary to use a dust cloth each day in some cases, but that does not take much time if done frequently. There is little dust in a home where a sweeper or vacuum cleaner is used, and not a broom. A broom should be used only for the rug-cleaning on the outside of the house, not on the inside.

A housekeeper must plan for some leisure each day, in which to "loaf and invite her soul", if she is to get her full share of joy out of life. Houses and food and clothes and furniture are all a means to an end, namely, our comfort, and not an end in themselves.

In order to achieve leisure, there must be a careful study of foods, that proper kinds and quantities be served to the family for its *nourishment*, primarily, and in as pleasing a form as is consistent with time and means.

Clothes, too, come in for their share of attention, and it is a rather perplexing question with present prices. Simplicity should be the keynote of dress, yet never have I seen more fanciful garments than are now displayed in store windows. It is a time for individual independence and, where one has a garment that will answer the purpose, it seems folly to pay the present exorbitant price for a new one just to be in vogue. Much time can here be gained to the benefit of the purse.

Another time saver is in the arrangement of the furniture, or the appointments of the home. It was a fortunate day for the housekeeper when drapes and tidies went out of style. Each piece or article in a home should have a very good excuse for being there — either in use or beauty or both. Who can find pleasure or rest in a cluttered room? Simplicity again should be the keynote. Each room requires certain articles, according to the purpose of the room and beyond that, more is an excess and a time waster to keep clean and in order. I have always valued highly the testimony

(a compliment I regard it) of the little colored maid who said "she liked to clean my kitchen because there wasn't anything in it only what belonged there."

Where outside help comes for the day, much more can be accomplished by having everything pertaining to the day's work well planned and all things ready. This is especially true of the laundry work and of sewing.

Again I say, in closing this article, that where system, order, regularity and plan maintain in the home, there will, also, be found rest, leisure, comfort and all the conditions that make for the happiness of its members.

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# Soup of the Day

By Helen Bowen

I USED to read so much advice to American housewives to follow the French custom of keeping a soup kettle on the back of the stove for making savory soups of odds and ends of food, that I was fired to try it. None of the advisers gave any details of managing the pot; seemingly one kept a pot at a perpetual simmer, dropping in bones, meat, vegetables, etc., from time to time, adding water as needed, and dipping out daily appetizing soup. There was no suggestion of the possibility of the older ingredients growing, to put it delicately, superannuated; no hint even of that pot's ever becoming over-full of odds and ends, nor even needing a scrub. The American housewife, however inexperienced, was supposed to know how to handle those matters, — or perhaps the adviser did not. Sometimes a word was dropped about skimming off the fat, which sounds easier than it is, but none to warn one that most of the vegetable flavors would go with it.

I suppose the French housewife has her own technique for handling these problems. I worked out my own gradually, meeting the conditions imposed by a gas stove, which prohibits perpetual simmering, and by a summer climate in which foods spoil quickly. I do not keep a soup kettle continually in use, but I usually have soup-stock on hand, sufficient to serve the family several times a week with a rich nourishing soup, which forms, with bread and butter, the main dish at luncheon, as we prefer that to having a soup course at dinner. This soup is always made of odds and ends, never takes much labor, is always savory, those who eat it say, and is seldom twice alike. Sometimes it is a meat soup, sometimes vegetable, often mixed; it may be thick, clear, or halfway between, and the ingredients cover a wide range. It is never made by a recipe, but by applying certain general rules to the handling of whatever materials are the day's left-overs: for it is what Italians call a *minestra del giorno*, or soup of the day.

The first rule is for the use of meat and bones, whether cooked or uncooked. These are put on in cold water, without seasoning, and simmered two hours or more, or placed in a fireless cooker for a half-day or more. The liquid is then strained into a bowl and set away to cool. When cold, the hardened fat is lifted off and saved to use like other drippings, and the liquid is ready to be heated, seasoned and served.

The principle for vegetables is to save the water in which they were cooked, except those cooked in skins which are afterwards discarded, as potatoes in their jackets, and beets. Canned vegetables I heat in their own liquid, straining it off when ready to serve. This vegetable stock may be combined with milk, with meat stock or the liquid from other vegetables, and seasoned in various ways. With such a range of vegetables as peas, different kinds of beans, spinach and other

greens, onions, potatoes, carrots, cabbage, green peppers, tomatoes, summer squash, asparagus, cucumbers, lettuce and celery, the combinations are almost endless. The left-over bits of the vegetables themselves may be added to the stock.

The third rule is that of using some starchy or cereal element for its nourishing qualities. These include rice, tapioca, pearl barley, little squares of toast, cooked cereals, noodles, mashed and riced potato, and all the various forms of what the Italians call *pasta*, which includes macaroni and vermicelli as well as the elbows, letters and other small fancy shapes made especially for soups.

The fourth rule is to use seasonings sparingly in stock that is strongly flavored, such as onion, celery, spinach, tomato and green pepper, but liberally in the more tasteless, selecting, for each soup to taste, from a shelf holding such things as cayenne, paprika, black pepper, celery salt, onion salt, bay leaves, curry powder, and some good bottled sauce. Parsley and chives I find delightful in soups made of the more delicate vegetable stocks with milk. The curry I use very sparingly in the cream-sauce thickening of potato soup. Bayleaf adds interest to the milder meat stocks, such as mutton, which requires more seasoning than most.

The rule for combinations is hardly a rule, for soups, like kisses, go by favor, and what one family or person likes another does not. My household will try anything once, so I combine whatever materials I have on hand, if they taste appetizing to me. Some things, of course, have a natural affinity for each other. Potato water combines well with onion, and both with most other vegetables, as well as with meat stocks and milk. Green pepper water gives life to mutton or tongue stock. The water from summer squash with tomato juice makes a tasty, light soup, gay to look at, if bits of the vegetables are floating in it. I use skimmed milk with nearly any vegetable stock, thickening it with flour and butter substitute rubbed together, adding the milk gradually while cooking, as in making cream sauce, if I want a thick soup or if the elements seem to need binding together. These cream soups may be delicate or very hearty, according to the vegetable. Potato makes a substantial soup and so do lima beans and dried peas.

What is left of one day's soup may be combined with something else for tomorrow. Yesterday's soup was made of about 3 cups of potato water, 1 each of summer squash and green-bean water, one-half cup, each, of mashed potato and summer squash, with thickening, onion salt, celery salt and paprika. A pint of it was left. Today's soup combined that with mutton stock, made from remains of a roast leg, toast croûtons and a few drops of Worcestershire sauce. Tomorrow's — but who shall say what the morrow will bring forth? Some mutton stock remains, and something will turn up to add to it, if not tomorrow, the next day.

There is a legend in the family that I once made a soup of a baked apple and a fried egg, but my own impression is that I merely rubbed those articles through a strainer into the soup of that day.

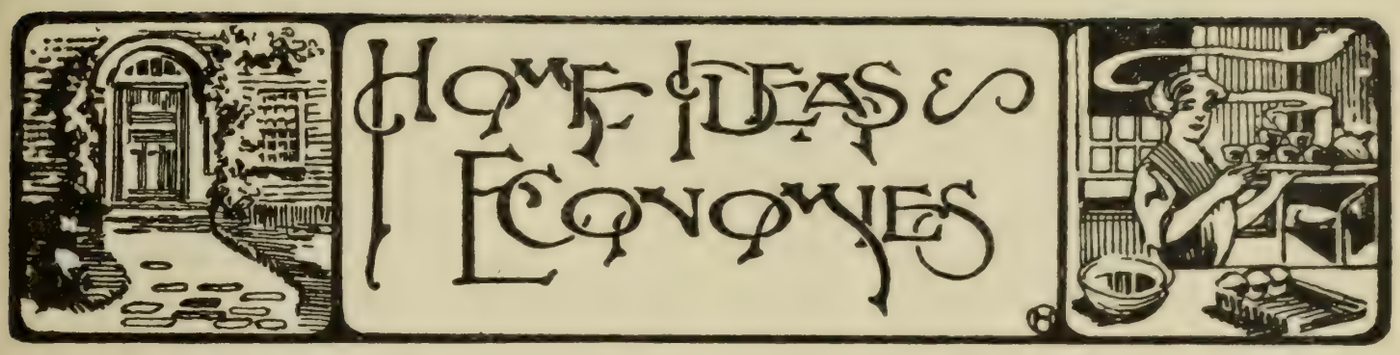
For utensils and implements for soup-making, one needs only a covered kettle of a size to suit the family, some bowls to keep stock in, a wooden handled spoon, a ladle or dipper, and a coarse strainer of strong wire.

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## Merry May

'Tis merry May, the birds are gay,
The orchards are in bloom,
The bees alight on blossoms bright
Are burdened with perfume,
Bright golden sunbeams kiss the sands
By azure lake and sea,
And where the rock-ribbed mountain stands
May wakes her melody.
Oh fragrant May, oh flowery May,
Bright queen of all the year,
To you I bring my offering,
To me you are most dear.

— *A. R. Annable.*




**Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.**

## For the Young Housewife

THE many little tasks, that are of little importance to those who have kept house several years, are a bugbear to those less experienced. Some dislike to ask advice, while others are laughed at for not knowing. The time will soon be here for putting away the winter clothing and blankets, so before packing the blankets send them to a reliable cleaner, or have them thoroughly brushed and shaken, then put them, one a ta time, into a tub of very warm, but not hot, suds, using a good soap. Douse them up and down until clean. Then have ready a tub of warm water with about two tablespoonfuls of ammonia and a little soap in it. Rinse them thoroughly, and press as much water as possible out. Do not wring a blanket. Hang on a clean line, turning once in a while. Choose a bright, sunny day for this work. When dry, fold and pack with cloves between the folds. Wrap in newspaper and pack away. Furs should be well shaken and aired. Neck pieces cleaned with equal parts of best perfume and warm water lightly put on. Pack with cloves the same as the blankets. The heavier suits, wraps, etc., should be well cleaned before putting away, not only for sanitary reasons, but when they are taken out in the autumn, one has no work to do. Do not make the mistake of packing away every warm suit. One often needs them for a sudden trip, or a change in the weather, also a light, warm jacket or cape should be ready for use at any time. Leather chairs can be kept in good condition by occasionally rubbing them with a mixture of linseed oil, two parts, vinegar one part. Apply with a soft cloth, then polish with an old silk handkerchief, or some equally soft cloth. Silver that is not in use every day should be laid away in a bag of canton flannel, having in the bag a good-sized lump of gum camphor. Flatirons should be given a bath once in a while with hot soapsuds. Dry well, and place in the sun for about half an hour. Lukewarm water will remove ink, blood, or egg stains better than hot. Put the stained portion in a clean dish (not tin) and cover with the water, changing until the stain disappears. E. C. L.

* * *

## A Fair Exchange

"I'VE been trying an experiment with apple sauce," said my neighbor, calling across the garden fence. "Something new — and something good. I had such a lot of apples given me last fall, culls mostly, — you know I was out on a farm — but good for canning. Perfectly good, though they wouldn't keep. And were too imperfect to sell. Well I brought them home and canned apples for days and days and days. I fairly dreamed of apple sauce at night. I filled up every extra jar I had — and bought some extra two-quarts on purpose."

"Didn't you get tired of apple sauce?" I inquired.

My neighbor nodded. "That's it. We did. We had it as such a steady diet. At first, I took to recooking some of it with cinnamon. It changed the flavor,

and made the old sauce seem like a new dish. Then I camouflaged with all sorts of flavorings — almond, pineapple, vanilla, etc. That did splendidly for a time, and even yet for that matter. It's wonderful what a little flavor added to apple sauce will do. But that isn't what I started to tell you about. It's this — another new apple-sauce dish. To a can of apple sauce I add a cup — sometimes two cups — of bottled grape juice. You know our grapes were loaded last year, and I bottled up quarts and quarts of the juice. Now I am combining apple sauce and grape juice. It is simply splendid — and splendidly simple. I'm going to send you over some to try. I'm sure you and Uncle Henry will like it."

"It sounds good," said I. "And I'll offer in exchange something new I've been making. You see, nobody gave me any culls, and I didn't get as much fruit put up as usual. Really, we've run short — having so much company this winter. And Amanda and her children here for so long. So I've been making marmalade — orange marmalade. Out of carrots. Just a cup of cooked and grated carrots, a cup of sugar, juice and rind of one lemon — or two, if the lemons are small. Syrup can be used instead of sugar. Simmer slowly till of the right consistency. Add a little water, if needed, when cooking — usually the marmalade is best cooked without water, but sometimes the carrots seem especially dry. Then I use a bit of boiling water."

"It sounds good," said my neighbor — we'd both said the same without ever once thinking. . . . So we brought our dishes of "sauce" and made fair exchange across the back garden fence. And both of our husbands had something different served for supper. Really, sometimes I do think that living in a small town, where everybody knows everybody, has its advantages. But I'd have hard times trying to make Amanda think that. Amanda lives in the city. And, all in all, I suppose it is just as well, and a little better, that we don't all see alike. Wouldn't it be kind of dreadful now if we all wanted to live in the same spot?

R. F.

* * *

## A Few Food Facts

### Cheese

CHEESE contains more than twice as much nourishment, pound for pound, as the best beefsteak.

There are in all over 500 varieties of cheese.

Cheddar, or the American dairy cheese, is characterized by its solid, close texture, delicate, mild aroma, and pleasing flavor.

A "green" or freshly made cheese lacks in flavor and is rubbery — more like the pressed curd from which it comes.

A "ripe" cheese is that which has aged and developed a full flavor and a rich, mellow consistency.

Those cheeses known as pimiento, club, pineapple, and sage cheese, are of the Cheddar type and of distinctive shape or flavor.

Roquefort cheese is made in Roquefort, France, of goats' milk, and is ripened by a secret "moldy bread process."

Swiss cheese is of a somewhat different flavor, due doubtless to the presence of micro-organisms, which are thought to be the cause of the numerous holes that perforate this food. It is claimed that an expert can tell the porousness of a Swiss cheese by the sound which it gives when it is tapped.

Edam and Parmesan cheeses are of a hard variety caused by pressing out all of the water. For this reason they grate well and, being of rich flavor, are desirable for seasoning.

Neufchatel cheese is made from thick, sour milk. It does not keep as the other cheeses do, and so one must be careful to purchase it fresh to have it at its best.

### Guava

Guava is a fruit of pear-shape variety and not much larger than an egg. It has a light yellow skin and a soft, light yellow

pulp. The flavor, when ripe, is sweet-acid, and there is a faintly aromatic odor. This is the choicest grade of guava.

The red guava is rounder in shape with a darker and coarser pulp, more like the apple. Guava fruit comes from a low-growing tree which bears a white flower. The flowers shed their petals and the fruit develops much like the pear. The leaves of the guava tree are oval and downy to the touch.

This fruit grows in the East and West Indies and in Mexico.

Guava jellies and jams and guava cheese are among the delicacies made from this fruit. The flavoring is distinctive and greatly prized by epicures.

## The Olive

The green olive is said to be a relish; the ripe olive, a food.

The ripe olive is bland of flavor because of the oil that is present in the ripened fruit.

When olives are just ripe, they are very bitter and acrid to the taste. It takes from four to six weeks to pickle them properly. This work used to be done by hand, but is now taken care of mostly by very clever machinery. Where once the olives were stirred by hand, they are now agitated by compressed air.

## Truffles

Sometimes we see recipes that call for truffles, and many people do not like to confess that they do not know the origin of the truffle.

These are little tubers that grow most successfully when in their own wild state, as they do not take kindly to cultivation. They reach their best in soil of a limestone variety, which is light, moist, well drained, and near woodland. A side hill is favorable for them, as then the drainage is right.

They grow quite deep below the ground, if the climate is cooler, or nearer the surface in milder climates.

They are really an underground fungi and are met with mostly in Europe.

As has been said, they like the proximity of trees, as they grow in the leaf mold and in the soil where there are decaying roots.

They vary in size from a filbert nut to a medium-sized potato. They are wholesome and nutritious, have a pleasing aromatic flavor, and a taste supposed to give special relish.

The outside of the truffle is a grayish-brown with a pebbled surface and odd little protuberances. Being a fungi, the inside is much like a puff-ball, and also of a yellowish or brown color.

The different varieties are known as the black or queen truffle and the Perigord truffle.

Harvesting these truffles is difficult. There are several methods of getting them. Sometimes the earth is loosened with a spade or pick, and then the tubers are collected by hand.

The Perigord sows have an instinctive faculty for locating the truffle beds. Many of these animals are raised just for the work they do in rooting. They are trained to recognize the aromatic odor of the ripe tuber, and to hunt for these. They can be taught to unearth even a single one, or to show where a number of them are resting. A good Perigord sow will often dig up as many as ten or twelve pounds of truffles. Some dogs are used for the same purpose.

Truffles are used in fine cooking and, particularly, in the rich French pastries.

E. G. W.

* * *

## A Way to Save Soap

A CERTAIN soap manufacturing company made a hit a few years ago with an advertising cartoon of a dirty tramp penning a letter to the company, to inform them that two years ago he had washed with a cake of their soap, and that since then he had used no other.

That is one way of saving soap, but it is not a way to be recommended. Economy does not consist in not using things, but

in using them in such a way as to get the greatest value from them. There is a way to do that with a cake of soap.

Literally carloads of soap have been thrown away in the form of little unused scraps that were left when the cake was almost exhausted. It narrowed down to a little slab, then broke into tiny bits and was thrown away. Some have tried remelting it into a form of soft soap for dishwashing and laundering, but that involves extra trouble, and besides there are cheaper makes of soap to be had for those purposes.

One can so manage as not to lose even the least part of a cake of toilet or other soap, and can do it in a very simple way. The cake should not be allowed to become entirely exhausted. Then, when it is worn down to a fairly thin slab, it may be pasted onto the side of a new cake, and the two can be used together. The thin slab pasted on the larger piece will soon disappear altogether, and not an iota of the substance will have failed of its purpose.

At least, one cake must, of course, be held in reserve. When the proper time arrives, it can be unwrapped and dipped in water. The thin slab of the used cake should be stuck, while wet, against its side. An hour or so to dry and the two are thoroughly wedded into one.

This is economy in a small matter, but economy in all kinds of matters pays in these times. C. E. F.

* * *

## Little Bits

UNIVERSALLY thrown away in America — the yellow legs, claws and the head of a chicken are sold in France for stews.

If there is not enough butter to scrape from a plate, boiling water is poured on the plate and it is drained over the soup kettle.

One pear, one patty cake, divided into three parts, serves as dessert for that number of people, where in America, three pears and possibly half a dozen patty cakes would be considered essential.

These are not war-time economies — only the little bits saved which enable a French family to have a comfortable income for old age.

## Table Etiquette in England

The English say that the Americans do not know how to use their "tools," meaning knives, forks and spoons.

When eating fish, the English woman takes a fork in each hand, and with prongs down tears the fish, removing the bones, quite daintily.

Apples are eaten with a knife and fork. One spears the apple, cuts it in halves, and then in sections small enough for the mouth. Oranges are supposed to be eaten the same way, but are sometimes refused, because they are too difficult to handle.

Apricot sauce is served on a large, flat dinner plate, and a dessert spoon and a fork are used to transfer the sauce to the mouth.

Instead of placing the knife and fork parallel with each other, at the right side of the plate, as we do; the English place the two tools across the center and it really makes it easier for the servant to handle. W. F.

* * *

## Vitamines Again

Vitamines in food are required in quantities so minute that they cannot be considered as sources of energy, and their presence does not affect the number of calories in the diet. In a varied diet containing fresh fruits and vegetables, milk and butter, vitamines are present in the necessary proportion. But where the diet consists chiefly of highly-prepared and preserved foods there is danger of vitamine deficiency, especially in the case of children. Where children are of necessity fed artificially on prepared foods, the addition of a little fresh fruit juice to the diet will be found a useful safeguard. F. & C.

# why is CRISCO a more desirable cooking fat?




Crisco is *never* sold in bulk. It always comes in this sanitary, dust-proof container, packed *net weight,* in one pound and larger packages. Accept nothing else. Get it from your grocer.




**Do Your Meals Cost Too Much?**

In trying to give your family variety in foods, do you spend more than you have planned for your meals? Then you will like our new cook book, "Recipes for Everyday," which gives 300 new recipes for delicious, inexpensive dishes—just the kind of food that everyone likes, and that the cook likes, too, because they are easy to prepare. Recipes originated by Janet McKenzie Hill, founder of the Boston Cooking School and editor of "American Cookery." Illustrated in color. Sent for only 10 cents postage. Address Department A-5, The Procter & Gamble Company, Cincinnati, Ohio.

—because it makes such tender, flaky pastry.

—because it makes cakes which taste as if made with butter, but at much less cost.

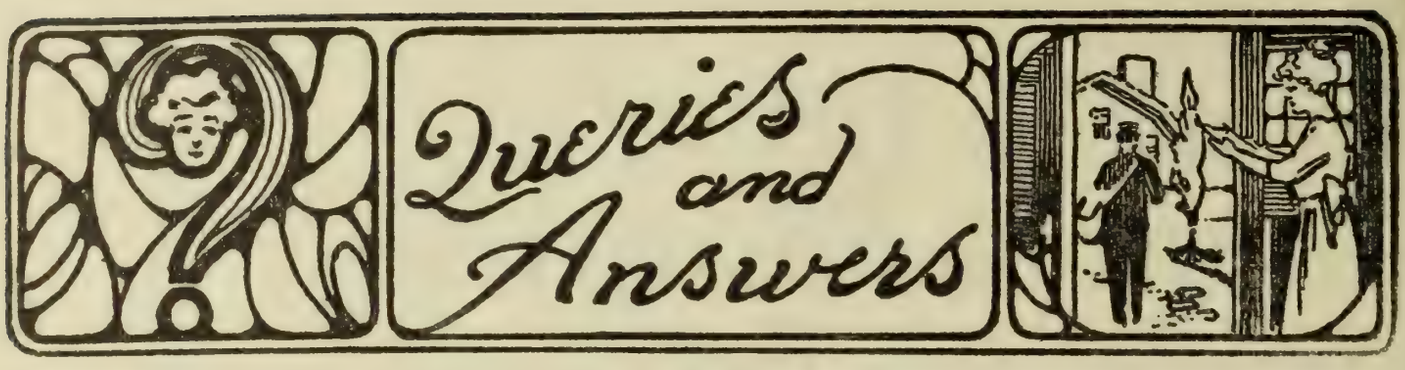
—because it fries without waste.

***Crisco makes tender, flaky pastry*** because it is so rich. It is simply choice vegetable oil, hardened by a special process into pure, creamy white shortening, 100% rich. It contains no salt, moisture, adulterants or preservatives.

***Crisco is delightful in cakes*** because it is so delicate. It has no taste, no odor, no color. Make two similar cakes, one with butter, the other with Crisco, plus salt, (one level teaspoonful of salt for every cupful of Crisco) and the cakes, when baked, will look alike, taste alike, be alike, except that the Crisco cake will have cost much the less.

***Crisco makes deep frying economical*** because so little is absorbed or cooked away in the frying process. Almost all the Crisco remains in the kettle after the frying is finished. This used Crisco is good to use again and again, because it retains no taste of anything that has been cooked in it. Not a drop has to be wasted.






THIS department is for the benefit and free use of our subscribers. Questions relating to recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. For menus, remit $1.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 4139. — "Will you let me have a recipe for the popular French Pastries? Also furnish a menu for a wedding Buffet Luncheon?"

## Popular French Pastries

Sift, three times, one pound of the finest pastry flour, and chop into it three-eighths of a pound of fresh, unsalted butter. If unsalted butter is not procurable, the salt must be thoroughly washed out of ordinary butter. Beat well the yolk of one egg; mix with one-half a cup of ice-water, and with this for wetting work the flour into a stiff dough. Roll out thin; brush over it as much of three-quarters of a cup of unsalted butter — barely melted, but not hot — as will cover the surface; fold up the sheet of pastry, roll thin again, brush over with butter as before, and repeat this process until all the butter is used up. Lastly, roll out once more, and set in a very cold place for twenty minutes before baking.

Another recipe for the finest French "leaf" pastry is more difficult to make, and calls for both care and experience, but the results will repay the pains taken.

## French "Leaf" Pastry

Measure and sift one full quart of fine pastry flour upon the molding board, make a hole in the middle, and pour into this the yolks of two eggs, well beaten, mixed with one cup of cold water, and one tablespoonful of softened butter. Work these together with as little handling as possible; form the dough into a ball, and cover with a cloth. Meantime wash one pound of butter until free from salt, and of a waxy consistency. Press out all the water possible, place the butter on a lightly floured cloth, cover with another floured cloth, and roll or pat it out into a sheet one-half an inch thick. Roll out the pastry dough on a floured board, into a sheet of similar thickness, it should be twice as large as the flattened-out butter, and place the butter on one-half of the paste, folding the other half over it. Both butter and paste should be of the same degree of softness. Roll the paste again, fold in three, roll up like a jelly-roll, and roll out again into a sheet. This process must be repeated six times, at intervals of fifteen or twenty minutes during which the paste is set into the refrigerator. The surface is lightly dusted with flour before each rolling and folding. This pastry should be baked at once, as it will not be so good if kept for more than a very few minutes.

## Wedding Buffet Luncheon

This may include a soup, bouillon, or cocktail; one cold and one hot meat dish; a salad; and either one or two sweet dishes; with rolls, delicate sandwiches, one or more hors d'œuvres; cake, either one or two kinds; and a choice of hot beverages. Plan all the dishes so that the use of knives will not be needed by the guests, and have as many as possible of the dishes cooked in individual por-



# When cakes took hours to prepare

THE woman of today would hold up her hands in horror should a cake recipe casually instruct her to beat the ingredients for two hours! Two hours!—not counting all the getting ready and baking! But this was no uncommon matter in quaint old cookbooks of a century ago.

Baking powder, however, has changed all that. And the latest development in the history of leavening agents is Ryzon, the Perfect Baking Powder. Now light, delicate cakes, quickly and easily prepared, are no longer dependent upon hours of beating.

Scientific study and experimenting on the part of experts—and the availability of accurate, reliable ingredients such as Ryzon—are doing wonders in raising the standard of all baking.

*Ryzon is packed in full 16 ounce pounds—also 35c and 20c packages. The new Ryzon Baking Book (original price $1.00), containing 250 practical recipes, will be mailed, postpaid upon receipt of 30c in stamps or coin, except in Canada.*

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tions. The following menu is merely suggestive.

Cream Tomato Soup in Cups Saltines
Supreme of Sweetbreads in Dariole Molds
Olives Salted Pecans
French Rolls
Chicken in Aspic, on Lettuce
Green Mayonnaise
Rolled Nut Sandwiches
Peach Bavaroise
Almond Wafers Small Frosted Cakes
Hot Coffee, Tea, Chocolate

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QUERY No. 4140. — "I wish you would tell me how to make Coffee, two or three cups, both with a percolator and without. I want to be able to make really Good Coffee."

## How to Make Good Coffee

The following is our favorite way of making good boiled coffee. For rather strong coffee measure one-fifth as much coffee as cold water, mix with the dry coffee one egg-shell or a little white of egg, with cold water enough thoroughly to moisten the coffee. Add the rest of the cold water, and bring very slowly to a boil; allow to boil two or three minutes, then pour in a little very cold water to promote settling, and set the pot for five minutes on the back of the stove to settle. The coffee can then be poured off from the grounds into a hot pot, or it can be served from the pot in which it was made.

As for the percolator coffee, there are so many different styles of percolators, and adapted to so many different kinds of fuel — gas, electricity, etc. — that the methods of making coffee vary slightly according to the difference in the make of the percolator. Here we can only tell you to follow the printed directions.

Be sure that you buy a good brand of coffee, for no skill in the making will bring a good cup of coffee from a poor grade of the dry coffee.

---

QUERY No. 4141. — "Could you give me information as to the process of Corning Beef, of Pickling Pork, and of making Spiced Beef? Also I should like to know how Marshmallow is made?"

## To Corn Beef

Rub into the surface of the beef dry dairy salt, mixed with one-tenth part of saltpeter. This should be rubbed in until the surface will moisten no more of the salt. Repeat the process after twenty-four hours, and again put away for a day. Prepare a brine by boiling together for ten minutes five gallons of water, eight pounds of salt, one pound and one-half of sugar, and four ounces of saltpeter. Let this grow quite cold, and immerse the beef. If the meat has been previously well rubbed with salt, this brine will keep well. A stronger pickle may be needed in warm weather, and one-half more salt may then be used.

## To Pickle Pork

Pork should be pickled one day after butchering, if this is possible. To pickle fifty pounds of pork, boil together for thirty minutes three gallons of water, five pounds of salt, two pounds of sugar, and three ounces of saltpeter, previously dissolved in a little hot water. Pour this, when cold, over the pork in a barrel. It can be taken out and smoked at the end of two or three weeks, or if you do not choose to smoke the pork, each piece should be taken out, rubbed well with dry salt, and returned to the barrel.

## Spiced Beef

The round or the rump is the best part for spicing. For twenty pounds of beef there will be needed three-fourths a pound of salt, one-fourth a pound of ground black pepper, three or four ounces of allspice, one ounce of cloves, and one of cinnamon, all ground. Mix these with one-half a pound of brown sugar and two ounces of saltpeter, and rub the mixture all over the surface of the meat, rubbing every smallest part, and using all the energy at your command. This should be done every day for, at least, two, and better, three weeks. The meat is then ready to cook. For this it should be fitted into a kettle just large enough to hold it, with a cup of water or stock poured over it, and the upper surface then covered with a thick layer of

# How Canned Food will help a Woman with Her Greatest Problem

Three meals a day
—a thousand a year.



DO you feel like "just giving up" sometimes when trying to tempt the appetites of that family of yours?

Haven't you stood in the middle of your kitchen or pantry many a time, wondering what you would "get" for the next meal?

But suppose that the next time you look around your pantry for inspiration, you discover a variety of canned foods on the shelves—*real* foods that give you surprising suggestions for tempting meals!

### *Canned Food Variety Solves your Meal Problems*

The variety of canned foods is wonderful, and the number of things that can be made with such foods is still more wonderful. You need not worry about variety to your meals if you are using canned foods as freely as you *can* use them.

You need not worry that meals won't look tempting, taste delicious and satisfy fickle appetites.

### *Greatest Allies a Woman can Have*

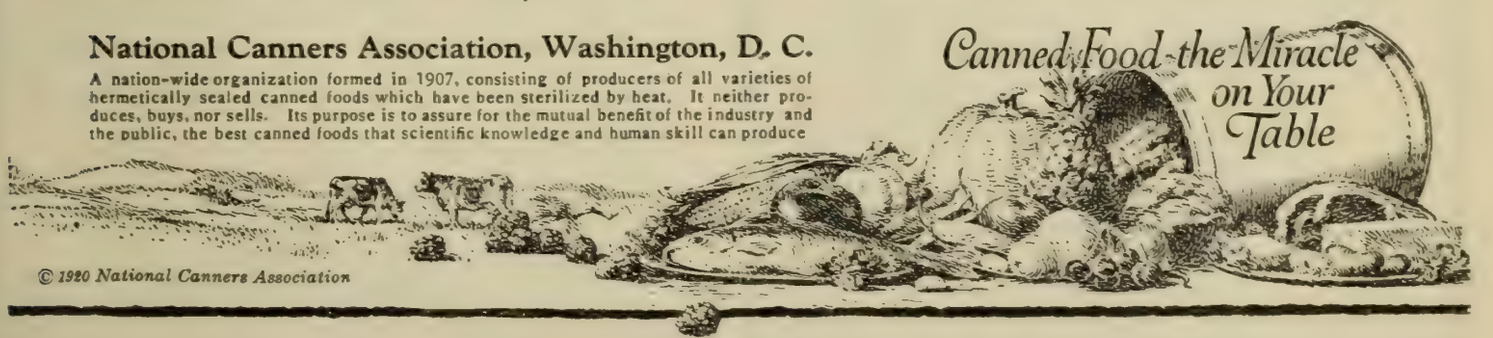
With plenty of canned foods on hand in full variety of fruit, vegetable, fish and meats, to say nothing of soups and milk, a woman is more resourceful than her family would have believed possible.

### *Many a Surprise in store for your Family*

It is almost like travelling all over the country and eating the choice foods of each State of the Union when you use canned foods in all the variety of kinds and "dishes."

**National Canners Association, Washington, D. C.**

A nation-wide organization formed in 1907, consisting of producers of all varieties of hermetically sealed canned foods which have been sterilized by heat. It neither produces, buys, nor sells. Its purpose is to assure for the mutual benefit of the industry and the public, the best canned foods that scientific knowledge and human skill can produce




© 1920 National Canners Association

chopped suet. Over this is fitted a crust of baking powder biscuit dough, the kettle is covered, and the meat baked for five or six hours at an even, moderate temperature. Let cool in the kettle, then remove, scrape off the suet, and serve cold in thin slices.

## Marshmallow Paste I

Soak three-fourths a pound of gum arabic in a pint of water; heat and dissolve this over hot water; add one cup and one-half of sugar and a pinch of cream of tartar, and boil the whole until the mixture will form a rather hard ball when a spoonful is dropped into cold water, or until the sugar thermometer registers about 245° F. To the beaten whites of four eggs add one-half a cup of sugar, beat well together, pour on these the gum and sugar syrup and beat as for cake frosting until white and firm. Run into cornstarch molds, made by making depressions in a pan filled to the depth of an inch or more with cornstarch, or run out into flat cakes as in No. II.

## Marshmallow Paste II

Hydrate one-half package of gelatine in three-eighths a cup of cold water. Dissolve two cups of sugar in three-fourths a cup of boiling water over gentle heat; add a pinch of cream of tartar, and dissolve the softened gelatine in this; add the stiffly-beaten whites of two eggs, and beat with the utmost vigor until it is so stiff you cannot beat any longer. Spread the mixture in a shallow tin dusted with cornstarch, and when cold and firm turn out on a platter or slab sifted over with confectioner's sugar and cornstarch mixed in equal parts. Cut into shapes with a fancy cutter, or into rounds or squares.

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QUERY No. 4142. — "What is the quickest way to cook peas and beans in hard water at a rather high altitude? To what extent may brown sugar and corn syrup be used in canning fruit and in making jams? Give several good recipes for drop cookies, including chocolate cookies. Give a recipe for a light cake, using corn syrup instead of sugar. What should be used in washing milk pail and separator to remove the grease, which will not make the cloth slimy? Are there any reliable home dyes that will not rot the goods?"

## To Cook Peas and Beans Quickly in Hard Water at High Altitude

Have you heard of the steam pressure cookers? By the use of one of these you can cook anything in a very short time at no-matter-what altitude. Write to the Home Economics Department of your nearest University for information as to where you may procure one, the cost, etc. By soaking the peas and beans overnight in rain water, and cooking them in a very tight-lidded kettle, you may save a little time. Why not save rainwater for cooking such things as these?

## Brown Sugar and Corn Syrup in Canning

It is entirely practicable to use either brown sugar or corn syrup in canning



# What Food Costs—

## About 60c a Day for a Man

It costs about 60 cents a day to feed a man.

To feed a family of five, on the average, costs about $610 yearly. The average workingman spends about 43 per cent of his earnings on food.

Food costs have soared about 90 per cent in four years.

### MUST HAVE 12,000 CALORIES DAILY

A family of five, including three young folks, needs some 12,000 calories daily. The average family does not get that, and is underfed.

Those 12,000 calories in some foods cost many times as much as in others. So this food question is enormously important.

### SAVE 90 PER CENT ON BREAKFASTS

Quaker Oats supplies the supreme breakfast. It is rich in calories of energy — 1810 per pound. It is rich in minerals, rich in protein. It forms almost the ideal food in balance and completeness.

Yet it costs one cent a large dish. It costs 5½ cents per 1000 calories. It costs one-tenth what meats, eggs and fish cost, on the average, for the same calory nutrition.

Note the comparisons with other necessary foods, based on prices at this writing. Mark what it saves on a breakfast for five, compared with other dishes.

**See how much you can save on breakfasts by serving Quaker Oats. Your folks will be better fed. The costlier foods, which are also needed, can be served at dinner, and the breakfast saving will help cut the cost.**

**Proper nutrition and proper economy call on housewives to consider these things.**

### Breakfast Costs

| | |
|---|---|
| Dish of Quaker Oats | 1c |
| Two Eggs | 10c |
| Bacon and Eggs | 16c |
| One Chop | 12c |
| Serving of Fish | 8c |

***15c and 35c per package***

***Except in the Far West and South***

**Packed in Sealed Round Packages with Removable Cover**

# Quaker Oats

*World-Famed for Flavor*

3318



**Have Some Junket**

How good it is! And how wholesome!

The simple use of the little Junket Tablet transforms milk, as if by magic, into a tempting, delicious dish fit "to set before the king."

**Junket**
MADE *with* MILK

should be eaten often, especially by children, because it is simply milk in a more easily digestible form—and more enjoyable to the taste.

Serve it both as a *food* and as a *dessert*. And use the Junket Tablet for making the finest ice cream you ever tasted.

**Nesnah—the Powdered Junket**

is the same as Junket Tablets, except it is in powdered form and already sweetened and flavored. It comes in 6 pure flavors, delicious in taste and appearance. Simply add milk.

**The Junket Folks**
**Little Falls, N. Y.**

Canadian Factory:
Chr. Hansen's
Canadian Laboratory
Toronto, Ont.



fruit or making jams. Some extra care has to be used to ensure complete sterilization of the fruit, for both the brown sugar and the corn syrup form an easier medium for the growth of germs than does pure white sugar. Extra care in washing and sterilizing jars, rubbers, and covers, extra care in selecting fruit free from spots of decay, extra care in the boiling of both fruit and syrup, should result in success.

## Drop Cookies

The following may be called a foundation mixture for drop cookies, from which a great variety may be made by the use of different ingredients. Melt one-third a cup of shortening, and mix with it one-half a cup of corn syrup, or sugar, or molasses. Add one beaten egg. Stir into the mixture two cups and one-half of flour, sifted with one teaspoonful of baking powder and one-half a teaspoonful, each, of salt and baking soda.

On this foundation may be built Spice Cookies, by adding one teaspoonful, each, of cinnamon, nutmeg, and cloves.

Fruit or Nut Cookies may be made by adding one cup of either fruit or nuts. Or fruit, nuts, and spices may be used in the same recipe.

Oatmeal Cookies call for the substitution of three-fourths a cup of rolled oats for three-fourths a cup of the flour. To these, too, nuts and fruit may be added.

For Chocolate Cookies a little melted chocolate (one ounce) may be added, and the amount of sweetening in the foundation mixture doubled. Or the following recipe may be used.

## Chocolate Cookies

Mix with two well-beaten eggs one cup of sugar or syrup, and two squares of chocolate, shaved into small pieces, and melted over hot water. Add three-fourths a cup of flour, mixed with one-fourth a teaspoonful of salt. Mix all well, take up by spoonfuls and place on greased and floured tin, flatten out rather thin, and bake in a moderate oven.

# HEBE

*the new food product for modern cooking- cuts living costs and enriches your food*

**Use Hebe**
***for***
Creamed Potatoes
Scalloped Potatoes
Potatoes Delmonico
Mashed Potatoes
Creamed Celery
Creamed Beans
Creamed Onions
Scalloped Tomatoes
Creamed Peas
Creamed Spinach
and all your cream sauces

Serve Hebe with
Coffee and Tea
and in Cocoa



## Cream your Vegetables with Hebe

USE more creamed vegetables in your menus. Both fresh and canned vegetables are made more palatable and far more nutritious when creamed with HEBE.

Use HEBE for all your cream sauces. It makes them smooth and rich. It improves the flavor of all dishes in which it is used.

The economy of HEBE is not confined to creamed vegetables and meats—you will use HEBE in a thousand ways in your cooking. For bread and cakes, doughnuts, puddings and custards, omelets, salad-dressings, cake frosting, you will find HEBE a wonderful convenience—an aid to better richer and more palatable foods.

The high nutritive quality of HEBE is in its balanced combination—simply pure skimmed milk evaporated to double strength enriched with cocoanut fat. In the hermetically sealed can it retains its purity and wholesomeness guarded so carefully in the process of manufacture.

Order HEBE from your grocer. Buy a half dozen cans at a time for you will want a plentiful supply when you have discovered its economy and goodness. And HEBE will keep.




*Let us send you the Hebe Book of Recipes. Write for it today. Address the Home Economy Department, 2515 Consumers Building, Chicago*

Chicago **THE HEBE COMPANY** Seattle

# Crawford Ranges

***The new Victory Crawford is only forty-three inches from end to end***

Yet this wonderful little range, with every inch of space efficiently utilized, offers you the convenience of a gas stove with five top burners, two gas ovens and a broiler — and a coal range with four griddles and a roomy oven.

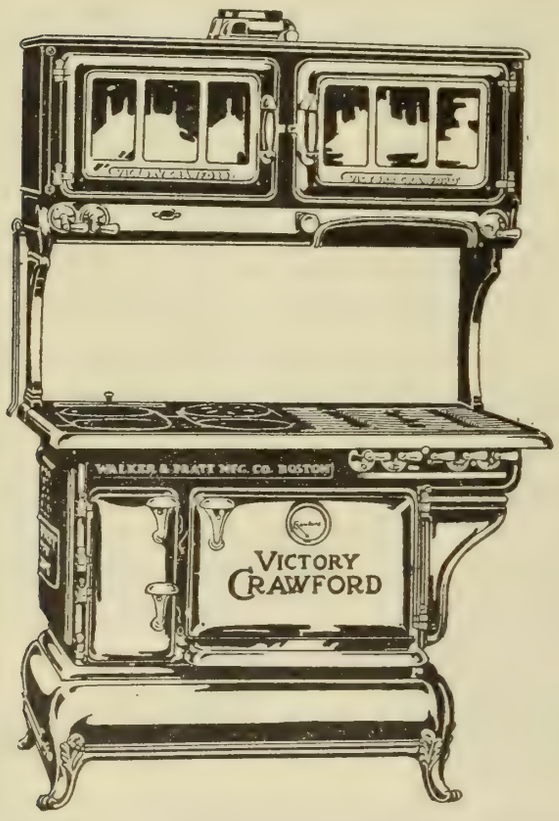
Oven space? Yes — six and a half square feet, or thirteen square feet when you use the racks.

And it's the only range on the market which permits the use of a gas broiler and three ovens at the same time.

Handsome, handy, easy to keep clean, the Victory Crawford — with its exclusive up-to-date features — is the range you will want to own when you see it — at your dealer's.

*Sold by Leading Dealers*

**WALKER & PRATT MFG. CO.**
**BOSTON, U. S. A.**
***Makers of Highest Quality Ranges Furnaces and Boilers***





# The Silver Lining

## Coasting

An officer on board a warship was drilling his men.

"I want every man to lie on his back, put his legs in the air and move them as if he were riding a bicycle," he explained. "Now commence."

After a short effort, one of the men stopped.

"Why have you stopped, Murphy?" asked the officer.

"If ye plaze, sir," was the answer, "Oi'm coasting."

— *Pittsburgh Chronicle-Telegraph.*

---

Some years ago a party of prospectors were looking for minerals in the Ozark Mountains of southeastern Missouri. It was during the month of February, and the prospectors encountered a period of very bad weather, varying from rain to snow and sleet and back again to rain. One day, when discussing the weather in the presence of Uncle Bill Hunter, a native Ozarkian, one of the party inquired if the weather would not change soon.

"Oh, yes, hit'll change, all right," replied Uncle Bill. "All the gosh-durned weather in the United States comes here to change."

---

"Rastus," said Colonel Sparks, "they tell me that fine dog of yours was run over and killed while you were in church this morning."

"Yes, sah, he wuz, sah. But I ain't worryin' none about it. Mah dawg, sah, wuz fully p'pared to die."

"How's that, Rastus?"

"Well, sah, you see, sah, jest before gittin' hisse'f killed he snuck into de back room of ouah chu'ch and done et up all de communion cake. He wuz fully p'pared!"

---

## His Disposition

An army mule at one of the cantonments "went west." The private who




# The Better the Kettle, The Better the Food!

CANNING and Preserving will take their place among the most important household duties this year. It is a privilege as well as a pleasure for the housewife who uses a Wagner Cast Aluminum Kettle in her canning. This Kettle is sanitary, durable, and not affected by acids. There are no rivets to catch dirt or pull out. No danger from chips or grit.

Wagner Kettles are cast in just the right thickness to safeguard against burning or scorching. Therefore you get all the real flavor of fruits or vegetables. Yet they are so light you like to handle them and there is no wear out to them.

## WAGNER CAST ALUMINUM WARE

**PRESERVING KETTLES**

***From Generation to Generation***

There is a Wagner Kettle for every need. They are made in eleven sizes, from 2 quart to 24 quart and may be had with or without cover. They are invaluable for general cooking purposes at all seasons of the year.

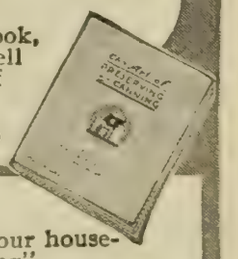
There is a Wagner Cast Aluminum Cooking Utensil for every purpose. All are cast in moulds—not stamped. Seamless and jointless, they retain their shape without warping or cracking.

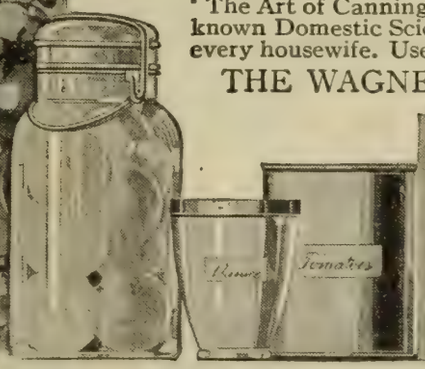
*Write today for catalog and leaflets descriptive of Wagner Ware*

**SPECIAL OFFER**

We will send postpaid for 10c a copy of our interesting and valuable book, "The Art of Canning and Preserving", by Kate Brew Vaughn, the well known Domestic Science Expert. This book should be in the hands of every housewife. Use coupon below.

THE WAGNER MFG. CO., Dept 74 Sidney, Ohio






The Wagner Mfg. Co., Dept. 000, Sidney, O.
Gentlemen:
Enclosed find 10c. Please send postpaid your housewife's book, "The Art of Canning and Preserving"

Name.....

Street or Rural Route.....

City or Town.....State.....

*SOUPS and GRAVY without*

**VEGETONE**

TRADE MARK REG. U.S.PAT. OFF.

are like dinner without potatoes. To introduce and until distribution is established we will mail three 4 oz. tins (retail price $1.50,) for $1.00. You are not taking a chance, for your money will be refunded if you do not like VEGETONE.

**A DELICIOUS MEATLESS GRAVY**

Bring pint of water to a boil in pan, add heaping teaspoonful of Crisco, or other fat, dissolve well rounded teaspoonful of VEGETONE, stir in flour to thicken and allow to boil for few minutes. Makes rich, tasty, brown gravy.

**BISHOP-GIFFORD CO., Inc. Baldwin, L. I., N. Y.**

**Send TODAY for Special Factory Price on 12,500 Rapids!**

**Rapid** FIRELESS COOKER



Be one of the first 12,500 women to write me. Get my new special rock-bottom price on a Rapid. I've made these special offers before like the department stores do. The big difference is you get the lowest factory-to-kitchen price from me. Here's your chance to save money. Aluminum lined throughout—full set high-grade aluminum utensils with each cooker. 30 days' free trial before you decide. Saves 2-3 to 3-4 fuel costs, 1-2 the work. But you must write soon! Get my big Home Science Book Free—gives you all the details of my low price offer. Send post card NOW. **Wm. Campbell, Pres.**

**The Wm. Campbell Co., Dept. 173, Detroit, Mich.**

***Eat More Bread***

**Bread is the most important food we eat. It furnishes abundant nourishment in readily digestible form. The fact that it never becomes tiresome though eaten day after day, is proof of its natural food qualities.**

***Eat plenty of bread made with***

**FLEISCHMANN'S YEAST**

**DIETITIANS WANTED FOR HOSPITAL POSITIONS EVERYWHERE**

Many excellent positions now open for Dietitians in all parts of the United States. If interested in securing a Hospital position anywhere, send for free book. Write today for it.

**AZNOE'S CENTRAL REGISTRY FOR NURSES**

**30 North Michigan Avenue, Chicago**

had charge of the last rites had to fill out the regulation form, and came across the suggestion, "Disposition of carcass."

After a moment's thought Sammie wrote on the blank line:

"Mean and deceitful."

— *Dallas Holland's Magazine.*

---

Music teacher to pupil at piano: "Why don't you stop? Those marks mean rest!"

"What's the use of restin'? Let's get through with it." — *Judge.*

---

## Protection for Democrats

Corporal: "What's all dis heah league ob nations?"

Slim: "Why, man, dat's an idea ob Mr. Wilson's to make it safe fo' a Democrat to go anywhere." — *Life.*

---

The Idealist: "What a subject for a poem! The wild waves beating themselves into creamy foam on the rocks!"

The Realist: "Never mind about a poem — what an advertisement for my shaving soap!" — *Passing Show.*

---

"Father, I have decided to be a missionary. I want to do something big and worth while, to serve where material reward is of little consequence." "Then why not be a school teacher in your home town?" — *New York Evening Post.*

---

## Points on Good Cooking

Cookery in its full meaning is a science as well as a profession, and as such it is a potent civilizing factor. As a profession it cannot be learnt by mere theoretical studies, for it requires constant practice and experience.

Good cooking is the greatest boon to mankind, and adds considerably to the comfort of any home; bad cooking, on the other hand, is not only wasteful, but also the cause of discontent and unhappiness, and thus nothing short of an insult to nature.




# For Tempting Cakes and Cookies

Sweeten and flavor them with Uncle John's Syrup. It saves sugar and gives them "the real flavor from the maple grove."

## Uncle John's Syrup

is a delicious blend of pure cane and maple sugars with a tempting "taste" that makes it **best** for every table and cooking purpose. Ask your grocer.

**NEW ENGLAND MAPLE SYRUP CO.**
**WINTER HILL, BOSTON, MASS.**

Write for Free Copy Uncle John's Recipes — a collection of **tested** recipes you'll like!

---

## Cream Whipping Made Easy and Inexpensive

# CREMO-VESCO

**Whips Thin Cream**
**or Half Heavy Cream and Milk**
**or Top of the Milk Bottle**

It whips up as easily as heavy cream and retains its stiffness.

Every caterer and housekeeper wants CREMO-VESCO.

Send for a bottle today.

Housekeeper's size, 1½oz., .30 prepaid
Caterer's size, 16oz., $1.00 "
(With full directions.)

**CREMO-VESCO COMPANY**
**631 EAST 23rd ST., BROOKLYN, N. Y.**

---



# PURITY!

In Flavoring Extracts is demanded by the best cooks.

The materials for

## Bee Brand

## EXTRACTS

are selected and prepared under most rigid inspection. These Extracts are untouched by human hands from the moment of manufacture until YOU open the package. All original strength and true-flavor is preserved.

BEE-BRAND Extracts, because of their great Purity, last longer — *a little does a lot!*

Cookery experts *prefer* BEE-BRAND Extracts as the PUREST, BEST and MOST ECONOMICAL good-cooking aids on the market.

*Insist on BEE-BRAND Spices, Flavoring Extracts, Mayonnaise Dressing, Green Seal Salad Dressing, Green Seal Mustard Dressing, Banquet Tea, etc. Pure, wholesome, and delicious!*

**McCORMICK & CO., Baltimore, Md.**
**Importers and Manufacturers**
(Packers of the Famous BANQUET TEA)

*Write for our FREE BOOKLETS giving interesting facts concerning spices, teas and flavoring extracts. The BEE BRAND Manual of Cookery will be sent on receipt of 50 cents in cash or stamps.*



# PRICE'S VANILLA

"Look for the little Tropikid on the label"—it stands for the pure juice of finest vanilla beans, aged in wood to bring out *the full flavor*. Price's is just right in strength. For cakes, puddings, candies, custards, etc.






Price Flavoring Extract Co.
*In Business 67 Years*
Chicago U.S.A.

Trade Mark Registered.
**Gluten Flour**
***40% GLUTEN***
**Guaranteed to comply in all respects to standard requirements of U. S. Dept. of Agriculture.**
**Manufactured by FARWELL & RHINES**
**Watertown, N. Y.**

## Domestic Science
### Home-study Courses

Food, health, housekeeping, clothing, children

*For Homemakers and Mothers; professional courses for Teachers, Dietitians, Institution Managers, Demonstrators, Nurses, "Graduate Housekeepers," Caterers, etc.*

"THE PROFESSION OF HOME-MAKING." 100 page handbook, *free*. BULLETINS: "Free-hand Cooking," "Food Values," "Seven-Cent Meals," "Family Finance."—*10 cents each.*

**American School of Home Economics**
**(Charted in 1915) 503 W. 69th St., Chicago, Ill.**

**SERVICE TABLE WAGON**




Large Broad Wide Table Top—Removable Glass Service Tray—Double Drawer—Double Handles—Large Deep Undershelves—"Scientifically Silent" Rubber Tired Swivel Wheels.

A high grade piece of furniture surpassing anything yet attempted for GENERAL UTILITY, ease of action, and absolute noiselessness. WRITE NOW FOR A DESCRIPTIVE PAMPHLET AND DEALER'S NAME.

**COMBINATION PRODUCTS CO.**
5041 Cunard Bldg. Chicago, Ill.


The foundation of good cookery consists in so preparing raw materials as to render them tender in substance without wasting those juices which constitute their true nourishment and flavor. The latter quality is most necessary to the enjoyment of our food. The preparatory process is the essential basis of all good cooking.

One great secret of success lies in a judicious use of materials, and, with but few exceptions, in the application of a moderate degree of heat. Most food while cooking requires but gentle simmering, not the furious boiling which results in rendering meat tough, indigestible and tasteless.

It is not wise, even in the preparation of simple dishes, to trust to the memory or the eye alone. The various ingredients should be weighed and measured, and then carefully and systematically prepared and cooked. Recipes proved by experience to be serviceable should always be scrupulously followed.

The world, and especially this country, is blest with a great variety of good foods, and by acquiring the necessary knowledge of preparing and cooking them there should be no difficulty in having well-cooked, satisfying and wholesome food for everybody without waste or extravagance.

All food, no matter how simple, should be well cooked, and placed on the table with taste and daintiness. Every effort should be made to see that the cooked dishes are made presentable, so that they please the eye as well as the palate.

A dish, even if well cooked, which is badly dished, offends the eye and has a tendency to mar the pleasure of the consumer.

—*Food and Cookery.*


**TANGLEFOOT**
**The Non-Poisonous Fly Destroyer**
**The U. S. Dept. of Agriculture says in the Bulletin: Special pains should be taken to prevent children from drinking poisoned baites and poisoned flies dropping into foods or drinks.**






One of the leading canning demonstrators, who was among the first in the field when the Government began to teach "cold pack" canning, said to us recently:

*"We could never have carried out our early canning programs in the face of all the difficulties that confronted us without GOOD LUCK rubbers. The rubber ring was the one item of equipment universally poor in quality. The GOOD LUCK was the one ring we could always rely upon."*

# GOOD ✠ LUCK
# RED JAR RINGS

## *have made "Cold Pack" canning safe*

Twelve years ago we made the first GOOD LUCK rubbers. The step was largely an experiment. Jar ring standards were very low. We wanted to see what the public reaction would be on a rubber far above the prevailing quality.

We showed them to the trade. They were pronounced too good — too high in price — no demand for such good rings. Nevertheless, we began to make them and some were sold. We believed in them, and believed in their future.

Then came the "cold pack" process. You know the rest. Everywhere housekeepers began demanding better and better rubbers — and then the GOOD LUCK ring came into its own.

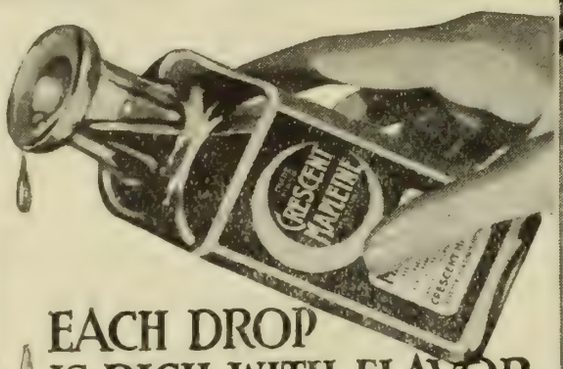
GOOD LUCK rubbers have made home canning safe. They have eliminated the biggest risk from the "cold pack" process because they can be boiled for three, four or five hours as the case requires without "bulging" or "blowing out" — and they will keep contents of jars sealed air tight without shrinking or cracking for years and years — almost indefinitely.

Only recently a case was called to our attention where a jar of mustard pickles containing acid (vinegar) and oil, two natural enemies of rubber, was opened after being sealed for *eleven years* with a GOOD LUCK ring (one of the first ever made) and the contents found as fresh and piquant as the day they were sealed in the jar.

**GOOD LUCK rubbers are standard equipment on Atlas E-Z Seal and other fruit jars**
**13c per dozen — 2 dozen for 25c**

**Send 2c stamp for our booklet, "Cold Pack Canning." If your grocer doesn't keep GOOD LUCK rubbers, send 13c for sample dozen or 25c for 2 dozen to be mailed with the book**

**BOSTON WOVEN HOSE AND RUBBER CO., 27 Hampshire Street, Cambridge, Mass.**




# EACH DROP IS RICH WITH FLAVOR

and just a few drops (follow directions carefully) are enough to impart that wonderfully good old-fashioned maple taste to

| | |
|---|---|
| —Syrup | —Puddings |
| —Cakes | —Sauces |
| —Pies | —Candies |
| —Frostings | —Ice Cream |
| —Desserts | —Sundaes |

—Pastry fillings

Also savors and seasons Meats, Soups, Dressings, Vegetables.

# MAPLEINE

**Instantly makes delicious syrup**

For use with hot cakes, corn bread, muffins, etc.

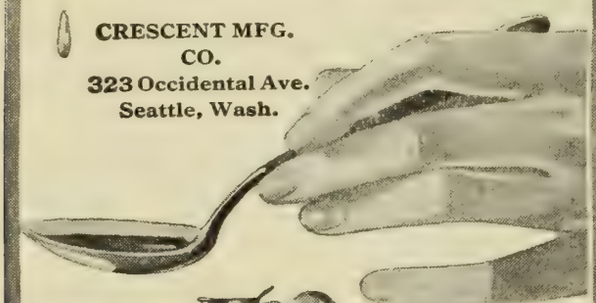
*2 cups sugar, 1 cup water and half teaspoonful of Mapleine makes 1 pint of syrup.*

And for corn syrup flavoring or for flavoring the many cane syrups grocers sell, Mapleine is remarkable.

Mapleine contains no maple sugar, syrup, nor sap, but in sweets produces a taste similar to Maple. Grocers sell Mapleine.

**2 oz. bottle 35c.; Canada 50c.**

**CRESCENT MFG. CO.**
**323 Occidental Ave.**
**Seattle, Wash.**





4c. stamp and trade mark from Mapleine carton will bring the Mapleine Cook Book of 200 recipes, including many desserts.

**MAPLEINE**
*The Golden Flavor*

---

# TEN-CENT MEALS

$2.00 per week per person: 42 meals with recipes and directions for preparing each. This 48 pp. Bulletin sent for 10c or FREE for names of two friends who may be interested in our Domestic Science Courses.

**Am. School Home Economics, 503 W. 69th St., Chicago**

---

# GOSSOM'S CREAM SOUPS




**In Powdered Form**

Split pea, Green pea, Lima, Celery, Black bean, Clam Chowder, Onion and (Mushroom 25c.)

**Quickly and Easily Prepared**

Just add water and boil 15 minutes. One package makes 3 pints of pure, wholesome and delicious soup. Price 15c at leading grocers, or sample sent prepaid on receipt of 20c in stamps or coin.

**Also "GOSSOM'S "QUICK-MADE" FUDGE**

will give you a delightful surprise. So easy. A 50c pkg. makes over a pound of the most exquisite fudge.

Manufactured by

**B. F. Gossom, 692 Washington St., Brookline, 46, Mass.**

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**8 Inches Square, 5 Inches High**

Would you like to be the best cake maker in your club or town? I teach you to make the most delicious Angel Food Cake, and many other kinds. I will teach you to make the same cakes that I make and

**Sell for $3.00 a Loaf—Profit, $2.00**

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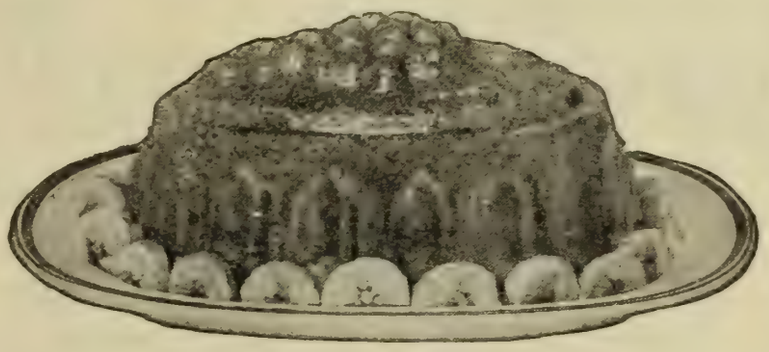
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# Mrs. Knox's Page

## The Things You Throw Away

THE most economical housekeeper sometimes throws away small amounts of food — not through any lack of thrift, but simply because she does not know what to do with the little bit left over, even if it were saved. Take stale bread, for instance. Many housekeepers would be glad to know that, when toasted, breadcrumbs (either white or brown) or cake or cookie crumbs will give the same effect, when combined in a dessert made with Knox Sparkling Gelatine, as ground nuts — which are rather expensive and often hard to procure.

The following delicious nut-like dessert, which I have worked out, may be molded in any china or glass dish or regular mold, and served either with milk or cream as a dessert, or on lettuce with salad dressing as a salad.



### BANANA WHIP

**½ envelope Knox Sparkling Gelatine**
**¼ cupful cold water**
**4 tablespoonfuls of lemon juice**
**1 cupful of boiling water**
**1 cupful of banana pulp (about 2 bananas)**
**½ cupful sugar or syrup**
**½ cupful chopped nuts or**
**½ cupful of crumbed toasted white or graham bread; cake or cookie crumbs**

Soak the gelatine in cold water for five minutes; add the sugar or syrup to the boiling water, boil for one minute and add to the softened gelatine. Cool. Add the lemon juice to the banana pulp and mash until blended. Beat the gelatine mixture until it is frothy and of about the thickness of whipped cream. Add the banana pulp. Whip until blended. Add the nuts, or crumbs, and pour into wet mold or individual dishes. Chill. Serve with milk or cream, or on lettuce with salad dressing.

---

Not only will Knox Gelatine help you to make unusually attractive dishes from things you might otherwise throw away, but being unflavored, it blends with leftover vegetables, fish or meat to make delightful fish or vegetable salads or meat loaves.

Because of its superior quality, and greater variety of uses, as well as its economy, Knox Gelatine has become a favorite — for it goes four times as far as the flavored packages. One package of Knox will make twenty-four individual servings, or four desserts or salads, for a family of six, for four different meals while ready-prepared packages serve for only one meal, and make only six servings. That is why experts call Knox the "4-to-1" Gelatine.

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Any domestic science teacher can have sufficient gelatine for her class, if she will write me on school stationery, stating quantity and when needed.

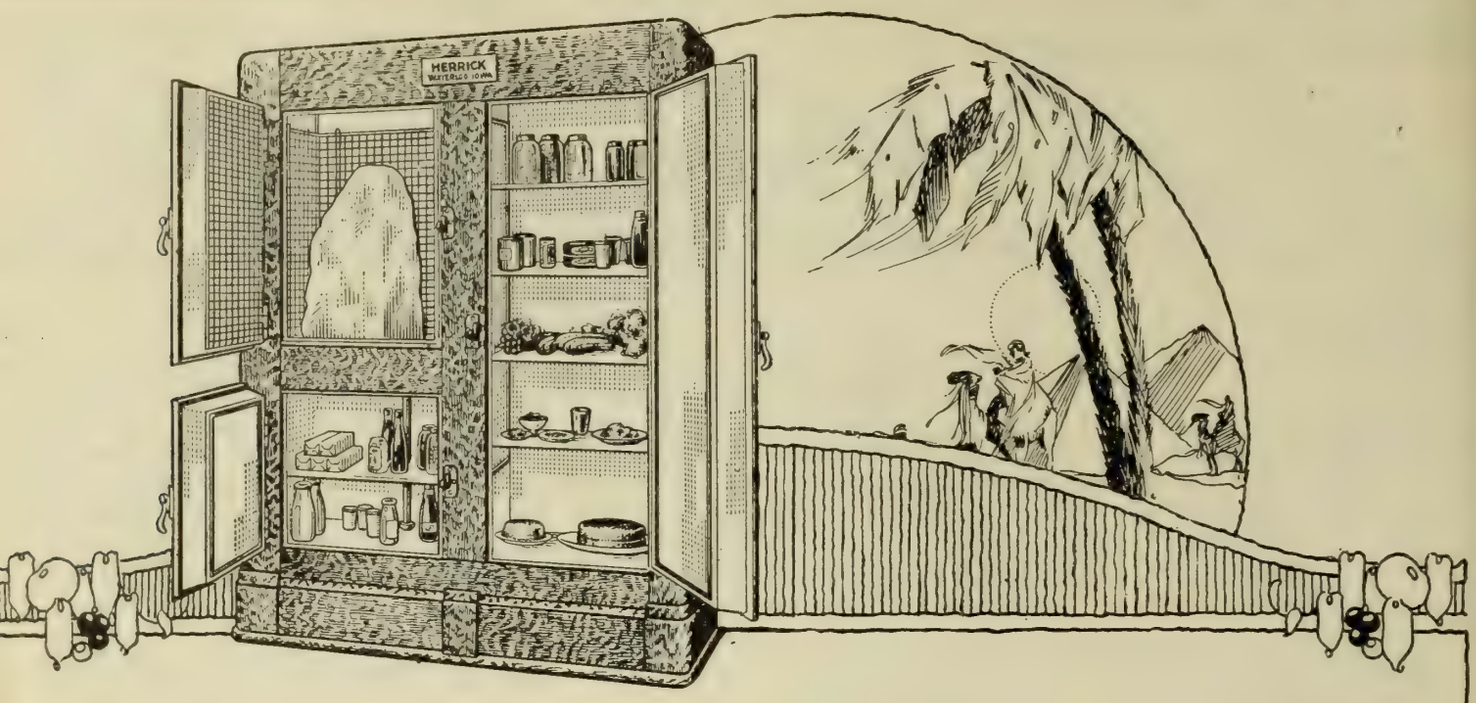
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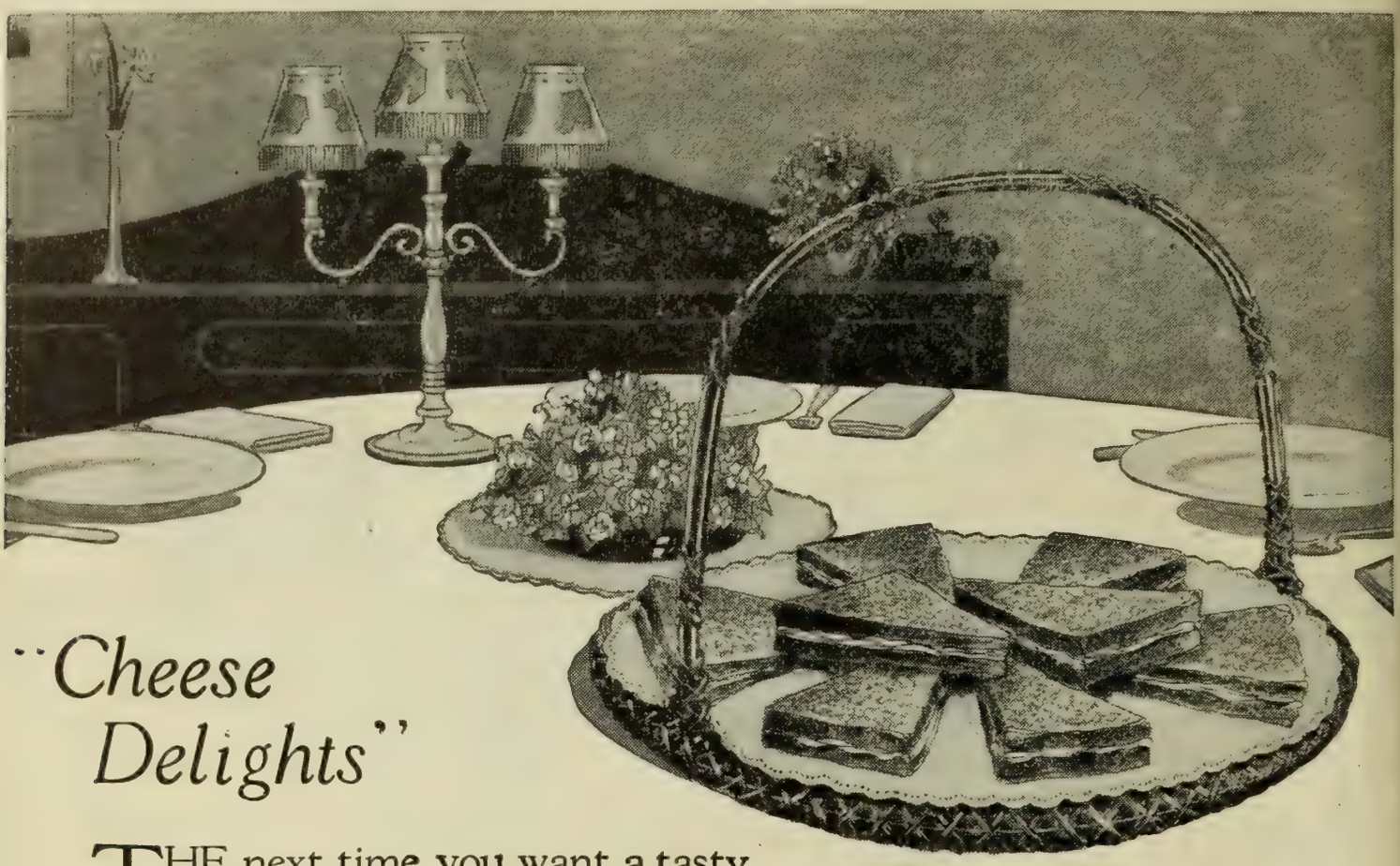



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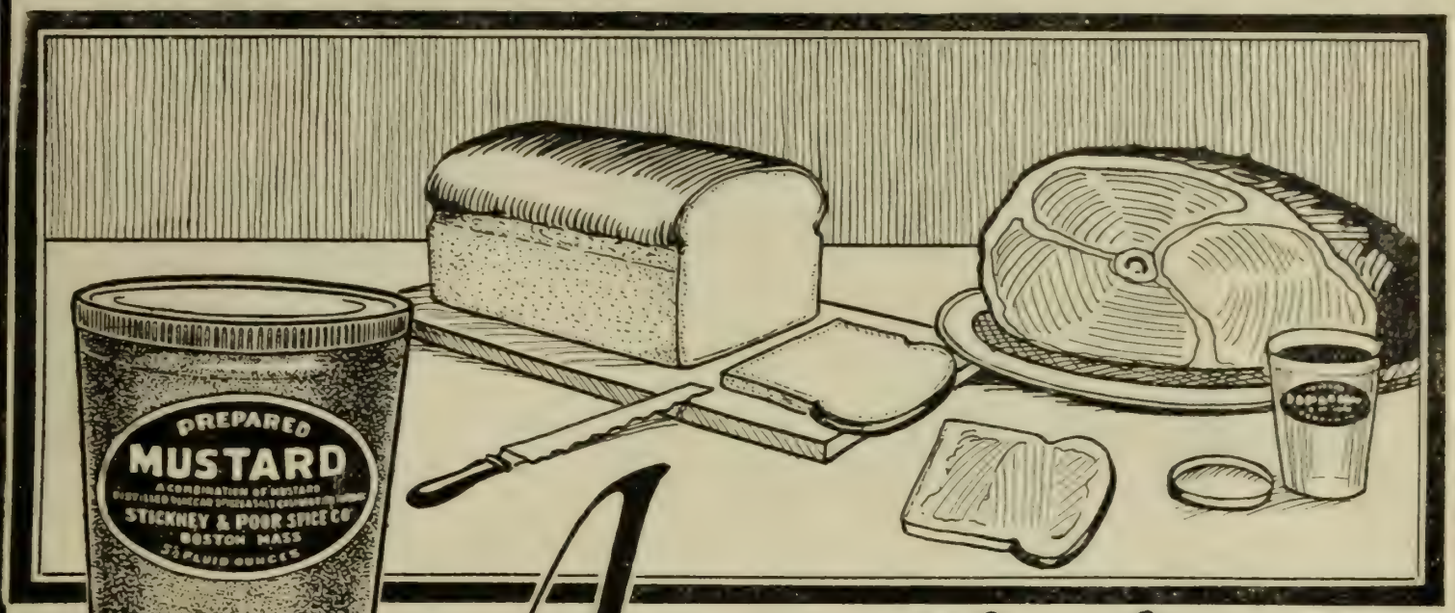
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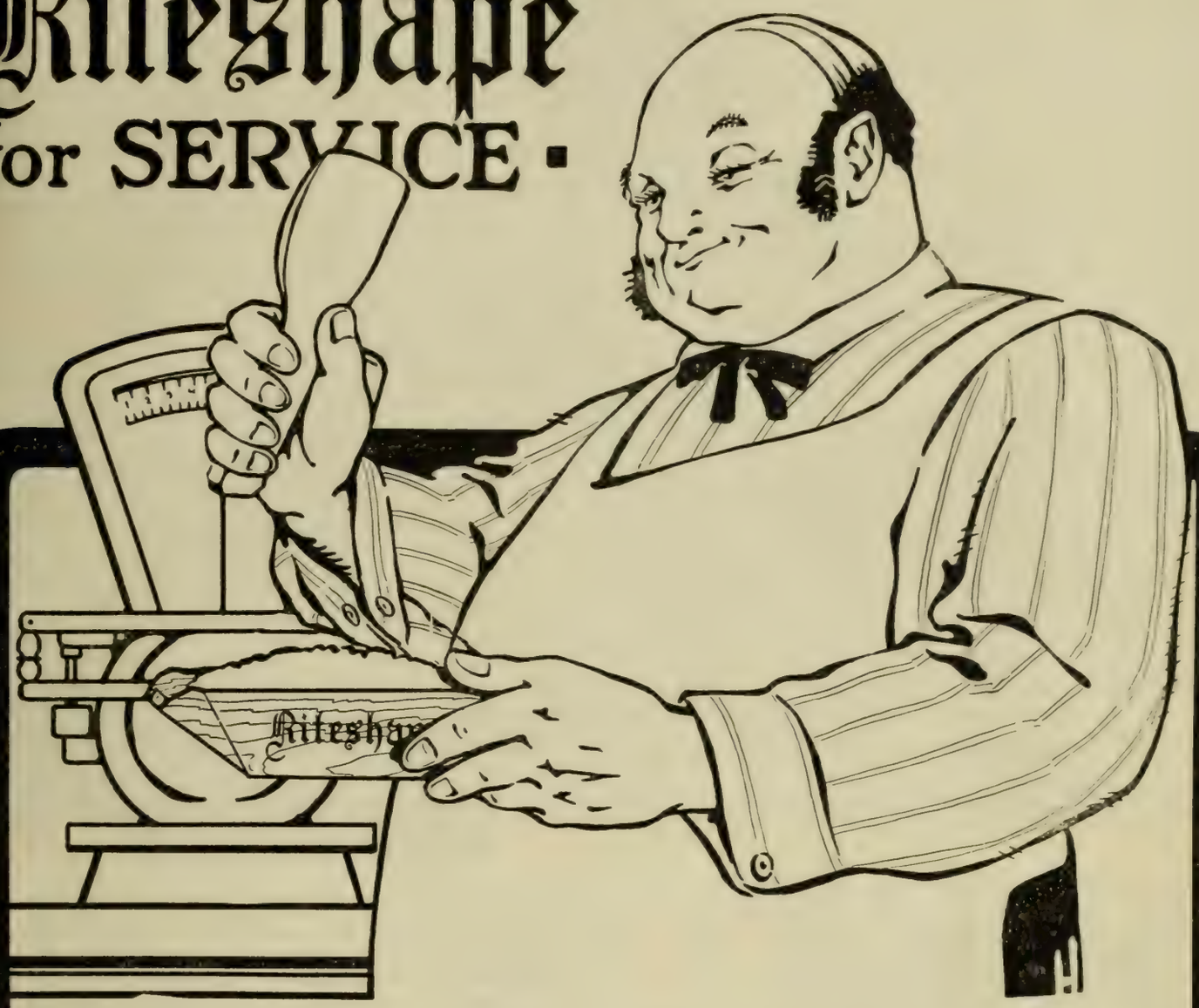


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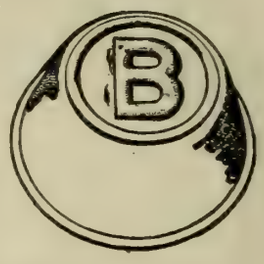
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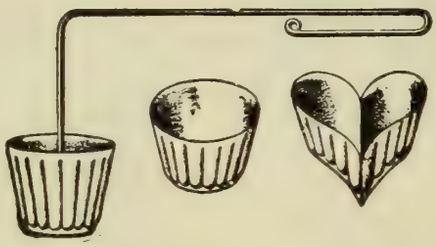
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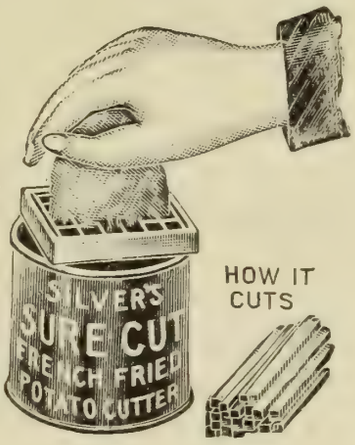
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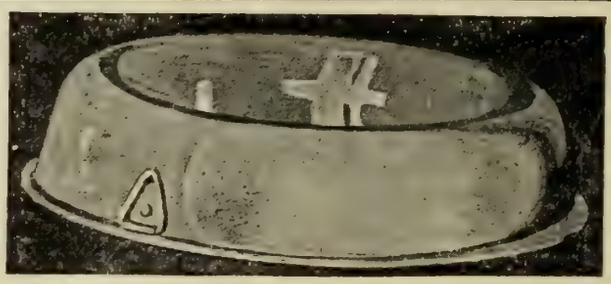
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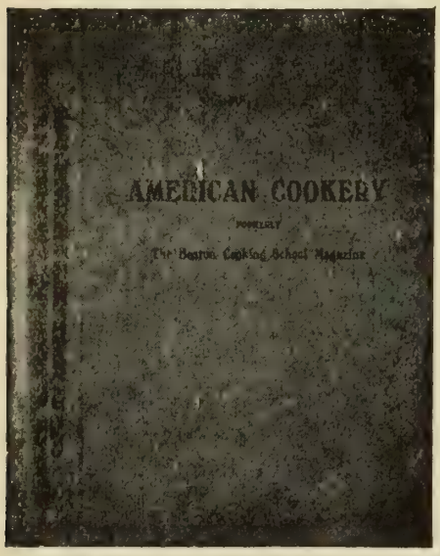
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# COMPLETE INDEX, VOLUME XXIV

## JUNE-JULY, 1919—MAY, 1920


PAGE

Adapting the Diet to the Times . . . 23
Apple, The . . . . . 186
Approving the Pudding . . . . . 584
Artistic Arrangement of Flowers in the Home 95
Art of the Chopping-Bowl, The . . . 204
Aunt Anna's Company Cake . . . . 105
Berrying . . . . . 11
Boy's School Lunch Box, The . . . . 604
Breakfasts . . . . . 747
Bringing Springtime Indoors in Winter . 411
Charm of the Beacon Hill Doorway, The . 171
Cheese . . . . . 286
Chinese Cookery and Customs . . . . 251
Christmas Cakes . . . . . 347
Christmas Cakes from Long Ago . . . 345
Christmas Celebrations from Everywhere 341
College Girls' Vacation Work . . . . 731
Community Kitchen, The — Promise or Menace . . . . . 22
Concerning Cooks and Cookery . . . 257
Day Before Christmas in Naples, The . 343
Dishwashing in Literature and Elsewhere 188
Douglas' Maid Selection . . . . . 97
Easter Dinner . . . . . 589
Edge of the Ocean, The . . . . . 655
Editorials, 30, 110, 190, 270, 350, 430, 510, 590, 670, 750
Empty House, The . . . . . 743
Fish We Like . . . . . 603
Food Notes . . . . . 43, 124, 364, 588
Foot Hygiene . . . . . 507
French Millinery in the Kitchen . . . 335
Gaining Time in the Home . . . . . 764
Garden Living Room, The . . . . . 651
Hail, the Cranberry . . . . . 285
Herb-border, Culinary and Medicinal, An 745
Home Ideas and Economies, 48, 129, 207, 289, 367, 447, 528, 607, 687, 767
Home Life in Pioneer Days . . . . 91
Housekeeper in Tokyo, The . . . . 501
Joyous Turnover, The . . . . . 509
Katherine Helps Her Aunt Ellen . . . 46
Kitchen Aprons I Have Known . . . 666
Kitchen Magic . . . . . 585
Lessons in Food and Cookery . . 26, 186, 282
Lilies of the Holy Land, The . . . . 21
Lunch Basket Romance, A . . . . 658
Magician's Daughter, The . . . . . 497
Make Your Nursery Cheerful . . . . 571
Marketing in the Philippines . . . . 504
Mayor of Nancy and How He Fed His City, The . . . . . 17
Menu-Making and Table Service . . . 524
Menus, 41, 42, 43, 121, 123, 202, 203, 282, 283, 362, 363, 441, 442, 522, 523, 601, 602, 681, 682, 762, 763
Modern Saga, A . . . . . 101
New Books . . . . . 298, 378, 618
New Year's Cakes of Long Ago . . . 428
Nuts for Uncle Cornelius . . . . . 338
Oh, Come Away . . . . . 107

PAGE

One Misty, Moisty Morning . . . . 740
One Summer Day . . . . . 176
One Week in Winter . . . . . 491
Out of the Basement . . . . . 349
Owning One's Own . . . . . 415
Pepps' Pitiless Prosperity . . . . . 177
Pests Made Profitable . . . . . 127
Pie at the End of the Rainbow, The . . 736
Pies à la Weston . . . . . 262
Planning Pleasant Table Service . . . 663
Playhouses for Children . . . . . 331
Profit in a Garden, The . . . . . 661
Putting Thanks into Thanksgiving Dinner 284
Reconstructed Grape Jelly . . . . . 125
Renegade, The . . . . . 446
Safe and Sane Canning and Preserving . 205
Saving Strength in the Home . . . . 102
Serving Foods Attractively . . . . . 423
Silver Lining, The, 138, 218, 306, 386, 538, 622, 700, 780
Six Meals for Six Dollars or Less . . . 610
Small Conveniences for Housewives . . 365
Smile On! . . . . . 261
Solving a Problem in Household Economics 445
Something New for the Hallowe'en Party 184
Song, A . . . . . 288
Soup of the Day . . . . . 765
Soup-Making in French Kitchens . . . 525
Stranded . . . . . 419
Story of Coffee, The . . . . . 269
Telephone Voice, The . . . . . 684
Theory, A . . . . . 109
Topsy-Turvy . . . . . 576
To Raise a Family in Whose Arteries the Blood Leaps . . . . . 443
Traveling Companions . . . . . 108
Up in Grandma's Attic . . . . . 669
Utilizing Leftovers . . . . . 744
Why is French Cookery Extolled? . . . 181
Wizard of the Soup-Pot, The . . . . 683
Wood-Stone Kitchen, The . . . . . 668
Yorkshire Ducks . . . . . 606
Youngest Bride and The Household Gospel, The . . . . . 426, 581


### SEASONABLE-AND-TESTED RECIPES


Apple Charlotte . . . . . 197
Apple Slump . . . . . 201
Apples, Ginger Baked . . . . . 196
Apples, Stuffed . . . . . 116, 437
Apricots, Canned, Frozen . . . . . 599
Artichokes, Creamed . . . . . 278
Asparagus, Molded . . . . . 754
Asparagus with Buttered Crumbs. Ill. . 757
Banana, Broiled . . . . . 754
Batter, Fritter . . . . . 356
Beans, String, French Style . . . . 281
Beef, Round of, with Raisins . . . . 595
Biscuit, Baking Powder . . . . . 36
Biscuit, Oatmeal . . . . . 36
Biscuit, Orange, with Filling . . . . 678

| | PAGE |
|---|---|
| Blanc Mange, Sea Moss Farine | 679 |
| Bowl, A Christmas | 359 |
| Bread, Boston Brown | 36 |
| Bread, Noisette. Ill. | 757 |
| Brittle, Peanut | 360 |
| Buns, Hot Cross | 598 |
| Buns, Philadelphia Butter | 357 |
| Butter, Green | 596 |
| Cabbage, Stuffed, au Gratin | 676 |
| Cake, Almond Sponge | 279 |
| Cake, Chocolate | 439, 520 |
| Cake, Coffee | 516 |
| Cake, Dainty White | 118 |
| Cake, Delicate, Fudge Frosting | 198 |
| Cake for Decoration Day | 761 |
| Cake, Fudge, with Fruit Filling | 199 |
| Cake, Gala | 359 |
| Cake, Hotwater Sponge | 119 |
| Cake, Igleheart's Lemon Queen | 40 |
| Cake, Italian | 279 |
| Cake for May Queen | 761 |
| Cake, Orange Cream, with Filling | 678 |
| Cake, Ribbon | 40 |
| Cake, Spice | 200 |
| Cake, Spring, with Boiled Frosting | 680 |
| Cakes, Cocoanut | 39 |
| Cakes, May Party | 759 |
| Cakes, Raised Potato | 280 |
| Canapés | 353, 439 |
| Caramels, Walnut | 329 |
| Carrot Pie | 201 |
| Carrot Pudding | 201 |
| Cheese, Delicious | 761 |
| Cheese, Green | 595 |
| Cheese Ramequins | 117 |
| Cheese, Scalloped | 596 |
| Chestnuts, Browned | 278 |
| Chicken à la King | 354 |
| Chicken, Breast of, with Mushrooms | 516 |
| Chicken, Cincinnati | 597 |
| Chicken, Creamed in Bread Baskets | 516 |
| Chicken en Casserole. Ill. | 755 |
| Chicken Filets with Almond Sauce | 281 |
| Chicken, Roast Spring, Stuffed with Ripe Olives | 756 |
| Chicken Supreme en Surprise | 434 |
| Chocolate, Malted Milk | 40 |
| Codfish, Baked and Stuffed | 593 |
| Coffee, Iced, with Orange | 120 |
| Cookies Cut with Fancy Cutters | 519 |
| Corn Balls | 360 |
| Corn, Stewed, Green, with Peppers | 114 |
| Crackers, Walnut | 599 |
| Cream, Chocolate Macaroon Bavarian | 518 |
| Cream, Ginger | 197 |
| Cream, Nutted | 277 |
| Cream, Strawberry Bavarian. Ill. | 760 |
| Cup, Pineapple-and-Marshmallow | 520 |
| Custard, Boiled, with Snow Eggs | 519 |
| Custard, Frozen Fig | 598 |
| Custard, Renversée, Caramel | 39 |
| Custard, Steamed Coffee | 521 |
| Custard, Warsaw | 678 |
| Dasheen au Gratin. Ill. | 757 |
| Dates, Creamed | 600 |
| Dainties, Tea | 119 |
| Dessert, One-Two-Three | 119 |
| Dinner, New England Boiled | 436 |
| Dressing, Cream Salad | 760 |
| Dressing for Pear Salad | 758 |
| Dressing for Pershing Salad | 115 |
| Dressing for Potato Salad | 114 |
| Dressing, Russian | 38 |
| Dressing, Salad | 356 |
| Drinks, Hot Weather | 120 |
| Ducks, Bombay, Fricassee or Curry of | 34 |
| Dumplings, Baked Apple | 115 |
| Dumplings, Onion, with Potato Crust | 196 |
| Eggplant à l'Espagnole | 594 |
| Eggplant, Scalloped | 114 |
| Eggs au Gratin | 117 |
| Eggs, Easter | 594 |
| Eggs, Snow, for Easter | 597 |
| Eggs, Spanish | 434 |
| Eggs, Stuffed, for Buffet Supper or Picnic | 117 |
| Eggs, Swiss Style | 117 |
| Eggs, Vallombrosa | 594 |
| Filet Mignon | 355 |
| Filling, Orange | 678 |
| Filling, Orange Cream | 679 |
| Firmety | 194 |
| Fish, Baked in Rolls | 515 |
| Fish, Baked, with Stuffing | 515 |
| Forcemeat, Calf's Liver | 33 |
| Fritters, Bacon | 356 |
| Fritters, Parsnip | 355 |
| Fritters, Tomato | 593 |
| Frosting, Boiled | 680 |
| Frosting for Lemon Queen Cake | 40 |
| Fruit, Half-Jellied | 117 |
| Fruit Whip, Proportions for | 198 |
| Fudge, Cherry | 360 |
| Gingerbread | 521 |
| Goose, Roast | 354 |
| Grapes, Glacé | 360 |
| Haddock Farci | 674 |
| Halibut, Turbans of | 436 |
| Ham, Boiled, with Green Butter | 596 |
| Ham, Smothered | 434 |
| Hors D'Oeuvres, Italian Style | 33 |
| Icing, Chocolate | 200 |
| Icing for Chocolate Cake | 440 |
| Jelly, Cranberry | 278 |
| Jelly, Harlequin | 278 |
| Kisses, Oatmeal | 754 |
| Lamb, Crown Roast of | 513 |
| Lamb, Leg of, Roasted with Sweet Potatoes | 675 |
| Lamb, Shoulder of, Boned and Roasted | 596 |
| Lamb, Shoulder of, Sauté | 34 |
| Lemonade | 120 |
| Lettuce, Chinese, Russian Dressing | 38 |
| Lobster, Casserole of | 676 |
| Macaroons, Chocolate | 517 |
| Mackerel Baked in Vinegar | 674 |
| Marmalade, "Penrod and Sam" | 201 |
| Marmalade, "Torchy" | 201 |
| Mayonnaise, Mock | 438 |
| Meringues, Cocoanut | 39 |
| Omelet, Traveler's | 676 |
| Onions, Stuffed. Ill. | 756 |
| Oysters à la Mornay | 195 |
| Oysters, Terrapin | 516 |
| Pancakes | 116 |
| Pancakes, Chicken | 355 |
| Pancakes, Potato | 361 |
| Parfait, Pineapple | 677 |
| Paste, Potato, for Dumplings, etc. | 196 |
| Paste, Quick Puff | 280 |

| | PAGE |
|---|---|
| Pastry for Meat Pies | 113 |
| Peas Cooked in a Jar | 37 |
| Pepper, Spiced | 116 |
| Pie, Apple | 358 |
| Pie, Beefsteak-and-Kidney | 113 |
| Pie, Carrot | 201 |
| Pie, Chicken-and-Oyster | 514 |
| Pie, Fluffy Lemon | 38 |
| Pie, Goblet (English) | 674 |
| Pie, Pineapple Custard | 600 |
| Pie, Potato-and-Liver | 514 |
| Pie, Raisin, with Meringue | 197 |
| Pie, Rhubarb-and-Raisin | 758 |
| Pie, Salmon | 118 |
| Pie, Shepherd's, Beef and Oysters | 434 |
| Pie, Sour Cream | 679 |
| Pie, Veal-and-Ham | 193 |
| Pineapple Puff | 678 |
| Pork Tenderloin | 274, 275 |
| Potato Border, Vegetables and Broiled Beef | 35 |
| Potato Purée | 37 |
| Potatoes à l'Otero | 194 |
| Potatoes Anna | 514 |
| Potatoes, Baked, Paprika | 517 |
| Potatoes, Candied Sweet | 675 |
| Potatoes, Duchesse. Ill. | 754 |
| Pralines, Creole | 361 |
| Puffballs, Breakfast | 277 |
| Pudding, Apple Macaroni | 600 |
| Pudding, Black Cherry | 761 |
| Pudding, Carrot | 201 |
| Pudding, Cherry | 680 |
| Pudding, Christmas Plum | 357 |
| Pudding, Froth | 680 |
| Pudding, Frugal | 678 |
| Pudding, Macaroni-and-Chicken | 276 |
| Pudding, Macaroon | 600 |
| Pudding, Rich Rice | 279 |
| Punch, Mint | 120 |
| Punch, Tea | 120 |
| Rarebit, Olive | 436 |
| Rice, Crown of, with Creamed Chicken | 35 |
| Ring, Norwegian Birthday | 358 |
| Roasting Poultry and Birds | 273 |
| Roll, Apple | 280 |
| Roll, Jelly | 359 |
| Rolls, American Crusty | 759 |
| Rolls, Coffee | 279 |
| Rolls, Finger | 437 |
| Rolls, Sausage-and-Veal | 434 |
| Rolls, Shamrock | 599 |
| Salad, Apple-and-Celery | 356 |
| Salad, Apple-and-Onion | 596 |
| Salad, Apple-and-Pimiento | 598 |
| Salad, Brazilian | 277 |
| Salad, Cherry, with Cream Dressing. Ill. | 760 |
| Salad, Chicken-and-Pineapple | 355 |
| Salad, Cooked Vegetable | 677 |
| Salad, Date-and-Banana | 438 |
| Salad, Pear. Ill. | 758 |
| Salad, Pekin | 38 |
| Salad, Pershing | 115 |
| Salad, Potato, Summer Style | 114 |
| Salad, Prince of Wales | 569 |
| Salad, Stuffed Peach | 439 |
| Salad, Yankee Potato | 437 |
| Sally Lunn | 679 |
| Salt, Spiced | 117 |
| Sandwiches a l'Imperatrice | 354 |
| Sandwiches, Cheese-and-English-Walnut | 440 |
| Sandwiches, Mint | 440 |
| Sandwiches, Pimiento | 440 |
| Sardines as a Hors D'Oeuvre | 33 |
| Sauce, Asparagus, for Roast Lamb or Chicken | 753 |
| Sauce, Brown | 35 |
| Sauce, Cranberry | 277 |
| Sauce, Currant-Jelly, for Game | 281 |
| Sauce, Horseradish | 754 |
| Sauce, Mornay | 195 |
| Sauce, Olive | 281 |
| Sausage with Apple Rings | 437 |
| Shad, Planked. Ill. | 754 |
| Sherbet, Orange | 129 |
| Shortcake, Strawberry | 677 |
| Snow Eggs | 519 |
| Soufflé, Orange | 521 |
| Soup, Asparagus-and-Chicken | 753 |
| Soup, Bean-and-Tomato | 513 |
| Soup, Clear | 433 |
| Soup, Cream of Asparagus-and-Tomato | 673 |
| Soup, Cream of Chicken, for ten plates | 353 |
| Soup, Cream of Corn | 593 |
| Soup, Emergency | 433 |
| Soup for the Convalescent | 673 |
| Soup, Ham | 513 |
| Soup, King of Russian | 753 |
| Soup, Simple Tomato Bisque | 353 |
| Spinach or Chard with Lamb Chops | 34 |
| Sponge, Apricot | 40 |
| Squab, Broiled. Ill. | 756 |
| Steak, Salisbury | 754 |
| Steak, Yankee Boy, with Brussels Sprouts | 194 |
| Stuffing, Almond, for Turkey or Chicken | 276 |
| Stuffing, Bread, for Turkey or Chicken | 273 |
| Sweetbreads, Orange Sauce | 281, 521 |
| Tapioca, Orange | 521 |
| Tart, Strawberry Cream | 758 |
| Tarts, Jelly | 358 |
| Tarts, Peach | 118 |
| Terrapin, Mock | 35 |
| Timbale, Cold Apple | 438 |
| Timbale, Rice with Strawberries | 37 |
| Toast, Cinnamon | 439 |
| Tomatoes, Deviled | 281 |
| Tomato, Paring a, without Scalding | 116 |
| Trifle, Coffee and Tapioca | 38 |
| Tripe, French Method of Cooking | 673 |
| Veal, Roast au Jus | 595 |
| Vegetable Marrow, Sautéd | 114 |
| Venison, Roast, Virginia Style | 276 |
| Waffles for May Breakfast | 753 |
| Whips, Uncooked Fruit | 198 |


QUERIES AND ANSWERS


| | PAGE |
|---|---|
| Almonds, to Blanch, Brown, and Salt | 452 |
| Beans, Boston Baked | 694 |
| Beef, How to Corn | 774 |
| Beef, How to Spice | 774 |
| Beef Olives with Apples | 454 |
| Books on Serving | 614 |
| Brandy Substitute | 214 |
| Bread, Baking Powder and Yeast, Compared | 54 |
| Bread, French Crusty | 696 |
| Bread, Vienna | 696 |
| Bread, Whys in Baking | 374 |
| Brittle, Puffed Rice | 371 |
| Butter, How to Make at Home | 612 |

| | PAGE |
|---|---|
| Cake, Angel | 212 |
| Cake, Cocoa, with Baking Powder | 210 |
| Cake, Cocoanut | 56 |
| Cake, Fruit, without Preservatives | 214 |
| Cake, Honeymoon | 212 |
| Cake, Layer, To Keep Fresh | 614 |
| Cake, Sour Cream | 456 |
| Cake, Sunshine | 212 |
| Cakes, Butter | 696 |
| Cakes, Cheese | 532 |
| Candy, Ice Cream, Streaked | 694 |
| Carrots, Pickled | 216 |
| Cheese, Head | 611 |
| Chicken, Terrapin | 294 |
| Chocolate, Milk, To Coat Candy | 614 |
| Chowder, Canned Vegetable | 136 |
| Cockroaches, Exterminating | 54 |
| Coffee, How to Make Good | 774 |
| Coffee, Service of | 56 |
| Cookies, Chocolate | 778 |
| Cookies, Drop | 778 |
| Cooking at High Altitude | 776 |
| Creamed Dishes, Rice Border for | 54 |
| Desserts with Little Sugar | 614 |
| Dressing, Cooked Salad | 136 |
| Dressing, Thousand Island Salad | 54 |
| Duck, Bombay | 54 |
| Ducks, Yorkshire | 536 |
| Eggs, Cuban, on Toast | 294 |
| Exhibition, A Food Saving | 52 |
| Exhibits for Cooking Class | 614 |
| Fat, Test for Frying | 52 |
| Figs, Preserved | 296 |
| Figs, Spiced | 296 |
| Filling for Honeymoon Cake | 214 |
| Filling, Pineapple for Layer Cake | 456 |
| Five O'Clock Tea, Menu for | 451 |
| Flowers, Crystallized | 296 |
| French Pastries, Popular | 772 |
| Frosting, Glossy Boiled | 376, 612 |
| Fudge, Plain and Divinity | 376 |
| Gumbo, Crab | 694 |
| Icing, Cooked and Uncooked | 372 |
| Icing, Fondant | 374 |
| Jars, Preserving | 293 |
| Jujubes, Raspberry | 451 |
| Luncheon, Wedding Buffet | 772 |
| Milk, Tinned | 698 |
| Mincemeat | 371 |
| Mincemeat without Meat | 452 |
| Mustard, Plain and Stored | 372 |
| Nougat, Honey | 696 |

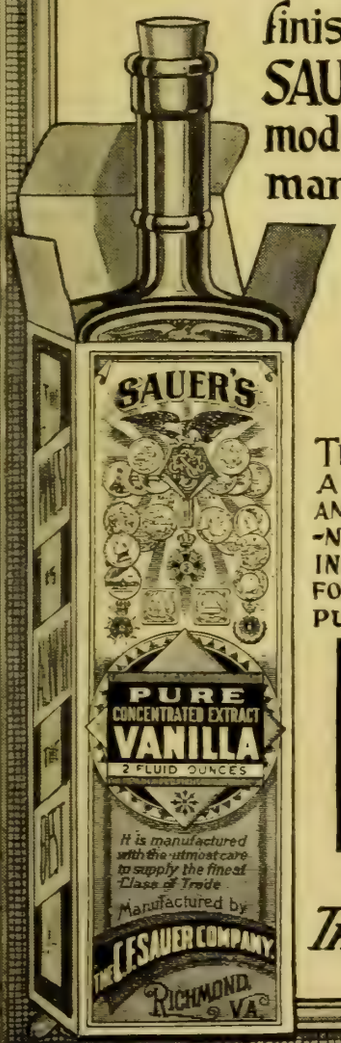
| | PAGE |
|---|---|
| Oleomargarine Compared with Butter | 372 |
| Orange Peels, What to do with | 614 |
| Oranges, Baked | 692 |
| Oysters in Cucumber Cups | 294 |
| Oysters, Jellied | 454 |
| Paste, Marshmallow | 776 |
| Pastilles, Orange | 452 |
| Pastry, French, "Leaf" | 772 |
| Peaches, Spiced | 296 |
| Pickles, Cucumber | 134 |
| Pie, Butter Scotch | 614 |
| Pie, Chocolate | 694 |
| Pie Crust, Recipe for Tender | 134 |
| Pie, Lemon, with Top Crust | 371 |
| Pie, Lower Crust in Lemon | 133 |
| Pies, English Pork | 611 |
| Plates, Use of Bread and Butter | 56 |
| Pork, How to Pickle | 774 |
| Preserve, White Grape | 293 |
| Pudding, Boiled Indian | 698 |
| Pudding, Chocolate, with Bread | 133 |
| Pudding, Devil's Food Chocolate | 133 |
| Pudding, Plum | 214 |
| Ravioli, Italian | 698 |
| Roll, Butter Scotch | 614 |
| Salad, Ginger Ale | 210 |
| Salad, Molded Cream Cheese | 136 |
| Salad, Service of | 56 |
| Salmon, Color in Cooking | 692 |
| Sandwich, Waldorf Special | 692 |
| Sauce, Bittersweet | 374 |
| Sauce, Brown | 293 |
| Sauce, Brown Sugar | 698 |
| Sauce, Butterscotch | 296 |
| Sauce, Chocolate | 372, 612 |
| Sauce, Chocolate Fudge | 294 |
| Sauce, Drawn Butter Pudding | 134 |
| Sauce for Chocolate Pudding | 133 |
| Sauce, Whipped Cream Substitute | 134 |
| Soda, Baking, in Cooking Vegetables | 534 |
| Soup at Formal Luncheon | 56 |
| Stuffing, Breadcrumb | 698 |
| Sugar and Corn Syrup in Canning | 776 |
| Sunday Night Supper Dishes | 454 |
| Timbales, How To Cook | 536 |
| Toast, Curled | 692 |
| Toast for Dinner Occasions | 451 |
| Turkish Delight | 452 |
| Veal Loaf with Little Meat | 454 |
| Wafers, Rolled Almond | 536 |
| Waffles, Rich | 296 |

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